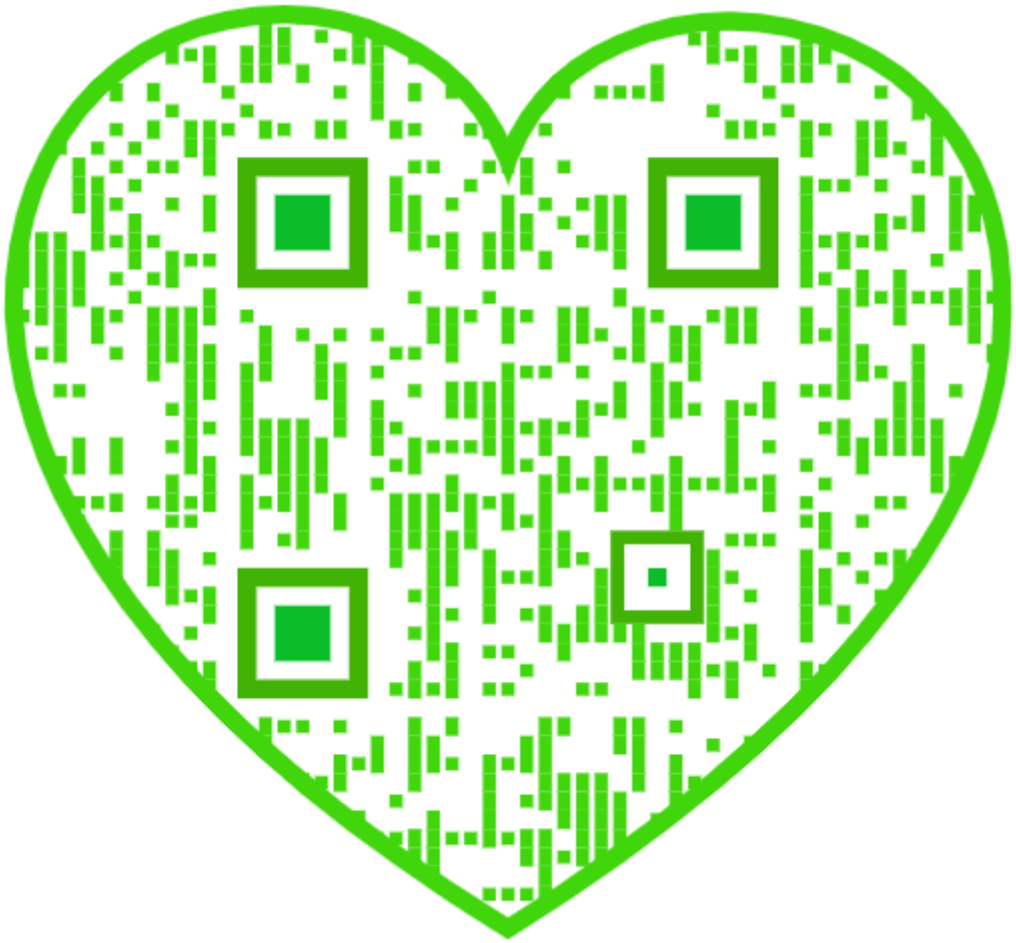
# Ethics of . . .

# Household Economy

E. McPherson-Parsons



# . . . ETHICS . . .

OF

# HOUSEHOLD ECONOMY

A HELP TO

## Inexperienced Wives

AND

## Discouraged Mothers

ECONOMY IS

TIME
STRENGTH
MONEY

BY

E. McPHERSON-PARSONS

CHICAGO 1903

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To My Daughter
and
Other Women's Daughters
this Book is
Thoughtfully Dedicated

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# INTRODUCTION

In sending this little volume into the byways, I cherish the hope that it may help some newly made wife, or some tired mother, to accomplish the task of home-making with more ease and cheerfulness; to take courage by the advice of one who has passed through many of the same trials. This counsel was once given: "Do not attempt writing for others to read, except you thoroughly understand your subject." The author of these pages takes to herself that advice.

There are numberless cook books and books on "Etiquette" and "Social Functions," but I have failed to find one dealing with the *little* things as an entirety of everyday life. It is the small things, not only in the kitchen, but all through the house, that consume the resources at hand, and if not judiciously managed bring us unhappiness.

It is comparatively easy to regulate the af-

fairs of a household, if the income is sufficient to meet the needs of a growing family, and a maid or two can be employed year after year. But when the wife must be both mother and maid; must plan for the wants of two, three, or more members; feed, clothe, and educate them, aspires to bring them up in some refinement, and the income is from six to fifteen hundred dollars per year, then come the moments of discouragement and often dissatisfaction.

It is with the experience of many of these circumstances, and the hope that there is a way to lighten the burdens of my sisters in this struggle, that these pages are written.

The readers will please bear in mind that this is a work on *true* economy—to show how to keep within one's means, to get the best results. Not only to economize for our table, but for every room, nook, and corner of the house, inside and out.

The husband must have a share in this economy, as well as the wife. They should be copartners. The majority of families live on less than fifteen hundred dollars per annum. If it is their good fortune to live well

and intelligently on that amount or less, it is to their credit and the world's benefit.

Many of our best men are men not adapted to money-making, so called. But they are capable of bringing in a sufficient sum, which, if handled with care and study, and with the combined help of the wife, may rear a family in respectability, and educate them. In a majority of cases these children and students excel those whose parents or guardians supply them with hundreds and frequently thousands of dollars to put them through their college course.

In order to get the best results from the economy of money, one must also economize his or her time and strength. The wasted time would be better spent reading some good book or paper.

It has been the aim of the writer to make the reading of this little book entertaining as well as instructive. If you will study its pages as you do your cook book, you will not need to use the best years of your life experimenting on the every-day duties of the home.

# CHAPTER I

## GENERAL REMARKS

# ETHICS

OF

# HOUSEHOLD ECONOMY

## CHAPTER I

### GENERAL REMARKS

The keeping of a home is an art, a science. It should be classed as a legitimate and important business, and a wife should so consider it. A housewife, or homekeeper, should be awarded the same honor and courtesy that a school teacher or a woman of any other vocation receives.

A woman was once heard to say of another, "Oh, she's only a machine; she keeps house — any one can keep house." The writer claims, however, that while any person may work *at it,* still it takes brains to care for a house as it should be.

The home with its "thousand and one"

duties to be performed, the rearing of a family with wisdom and economy, the training of these boys and girls, the preparation of the proper kinds of food for making sound bodies and bright minds, so that in their turn they may make intelligent parents and good citizens—this task requires no common machine, but a well-balanced mother.

If the earning of money is important, the spending of it should be considered of equal importance. Teach the boys and girls how to spend money to get the greatest good out of it. Then, when they are men and women, they will know better its real and true value. Pay for what you get as you get it. It is cheaper and you will be better served.

The installment plan is not a good way to furnish a home. "Do not go beyond your means," is advice you have often heard. Experience teaches that an article is more highly prized if paid for. If you cannot pay for a *good* article, then wait until you have saved enough money for it. Go to several places, look around, and take the best your money will buy. By so doing you will often better yourself, and at the price you can

afford to pay. Study well before you purchase. Do not imagine you must have something for your house, or the children must dress better than is consistent with your circumstances, because some neighbor or friend has so and so. That proves nothing in your case. You and your family are a little world all by yourselves in this respect. Be independent and you will be respected by everybody.

Buy with care, so that you will not buy over and over, things which should last a long time. Then, after you purchase a good article, take proper care of it. You will, by so doing, prove yourself a true helpmate for your husband, and in a short time your *house will be well furnished.*

Look well to your personal appearance. Keep yourself neatly dressed. (Husbands might apply a little of this advice to themselves, for we have seen untidy looking husbands.) Do not wear a long skirt or a ragged waist at your work. Old dresses, if repaired and kept clean, and the skirt and waist held properly together, will make a woman look neat and respectable. Care

should be taken in wearing wrappers, for they give one an unkempt appearance. Indeed, a loose-flowing gown is suitable only for sickness or one's own bed-chamber.

On the other hand, do not overdress for kitchen work. Dress in a manner suitable for the work to be done. I once knew a maid who always put on a white apron, even to getting a clean one, when she wiped off the front porch. The pride-bump was large on her head.

Be sure to comb the hair before leaving your bedroom. If there are children to dress, mother cannot always stop to do the hair for the day. But brushing it out and rolling it up neatly, *before putting on the dress,* makes mama more presentable, and puts a cheerful glow around the breakfast table.

We are presuming that she is maid of all work, otherwise time would not be so precious. It will only be possible to keep a maid when there is real sickness, or perhaps hire a woman by the day once a week, or occasionally, where the income is small, provided that out of this sum one wishes a bank account at the end of the year. I would

advise saving a little each year, unless sickness or some unforeseen circumstance has taken an unusual amount. The young wife is, generally speaking, ambitious and willing to take her share of work and responsibility; but everything is so new and perplexing that she often errs. She needs encouragement and advice from some older head.

These pages give a part of the experience of thirty-three years in a family of six members. In my young married days I would have given much to have had my sainted mother with me, to tell me what to do, when to do it, and how to do it. Blunders were frequently made; but the thought came to me one day, "What woman has done, woman can do." So I resolved to watch and learn.

It would be unreasonable to suppose that one set of rules would fit all classes and conditions of housekeepers. We must take one general guide and plan our ways and means to suit the occasion and circumstances. Or, in other words, use the common sense with which most women are endowed.

Keep your eyes open and observe how

others do. If their plan is an improvement over yours, adopt it. Much may be learned in this way. Have system about your household affairs. Plan to do first that which needs your care most; then the next in order. Eternal vigilance is the price of a well-kept home. Do not think it too much trouble to attend carefully to the *little things*. They count much in making up the sum total of economy—and the satisfaction of "well done" compensates us.

No *girl* should take upon herself the responsibility of marriage; but when a *woman* promises to take a man for her husband, "for better, for worse," she should not shrink her part of the business. Uphill work? Yes, many times. But "every cloud has its silver lining." The little ones will soon be able to lend a hand. They should be allowed "to help," even if they prove a hindrance.

Papa, too, though tired and perplexed, from the office or day's work, will relieve mother for a while and amuse baby. Then when the little ones are snug in bed, rest will come to the weary parents. Some one says, "Papa is too tired to take baby." Too

tired? How about the mother, who has served as many hours as he—sometimes nearly double—and often has aches and pains he can never know? I know of very few such husbands, I am glad to say. Agreed—they are a minority.

At the same time, one should be cautious lest she impose upon a good-natured husband. How fortunate is that woman who has a domestic husband! Less manly? Not one iota less manly, in helping care for his own. By the term "domestic" in this sense, is meant one who loves home more than his club.

Husbands are sometimes driven to acts of dishonesty in business transactions, owing to a lack of the right force at home. Wives are not always to blame for these conditions. But many times, if the domestic affairs were conducted in a more business-like manner, results would be changed very perceptibly. A great incentive to a husband and father is to have an industrious and contented wife and daughters.

When the income is not much more than enough to make ends meet, the husband

should pass his wages over to the wife, unless she is incapable or they have agreed otherwise.

Most wives understand the needs of their families better than the husbands. When it is possible, however, a father and mother should be mutually interested in the welfare of their family, and should consult together as to the best plans to use the income.

Both parents should aim to be cheerful about the house. It is quite as important that the husband come home with some degree of pleasantness, as that "the wife should meet her husband with a smiling face." She probably has had quite as much to annoy and perplex her, as he. Be careful, then, in appearing before the children with "ruffled" tempers.

This may seem a strange subject for economy; nevertheless it fits under that head. Study to economize on your temper. You will gain in health, in spirits, in love, and, last but not least, in the management of your children. The examples found in this little book to illustrate certain phases of life are not isolated cases. Those who may read

these pages are doubtless familiar with parallel conditions. Live and learn.

I have purposely left unitemized the sitting-room or library, and parlor, for the reason that if the other parts of the house are run on an economical and systematical basis, these rooms will receive the same care and attention. If any part of the house *must* be neglected, let it be the parlor or front, for the time being. Plain language will be used in dealing with the various subjects, else the object will not be gained.

There is no way to escape the facts, that if the income is small and there is no honest avenue to its increase, *then the strictest economy must be practiced, if satisfactory results are to be obtained.* And it need not bring unhappiness. If you cannot see your way clear to make the ends meet, go to some older experienced person, who you know has better knowledge than you, and she will be glad to assist you with advice.

If you are truly anxious to learn, the way will dawn upon you little by little. In climbing the Alps, Napoleon and his army did not take a straight rush to the top.

The author of this little book is well aware that women with plenty of money at their disposal, do not need the advice contained therein. But even they might peruse with profit.

It is to you, the middle class, that the world is looking for the "plain living and high thinking" of its ancestors, which produced the grandest and truest citizenship.

# CHAPTER II

## THE DWELLING PLACE

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### THE DWELLING PLACE

In order to live well and comfortably on an income of, say, from six to fifteen hundred dollars per year, one must not pay for rent over from six to twenty dollars per month. Secure the best house in the best location you can possibly find for the money you can afford to pay. When the income increases, better yourself accordingly. Bear in mind that while you owe your neighbors a certain amount of respect and cordiality, your home is your little "heaven on earth." It matters not to them how much your income may be.

After securing the house, if possible have a fence to circuit the whole yard. Never mind the fad of "no fence." Our experience has been that there are times when the children are like young colts; they need to be fenced in for their own good. But if a fence in front of the house is impracticable, by all means have a good one around the back yard. Then, when you choose, the children may play there unmolested. Here is where the father may get recreation if he will.

Make a few flower and vegetable beds. Instead of wasting time, try the earth tonic; you will get rosy cheeks and a good appetite. The children will soon be interested in these few beds of green. It is surprising what can be grown in a small yard for pleasure and for use on the family table, if one sets about it with a determination to win.

Many times it will keep the children out of mischief to help weed these beds and clear the yard of rubbish. Then, too, how much brighter and healthier will be the surroundings! "No time," says John? It is wonderful how much time there is. "Where there is a will there is a way."

We will now return to the house, which is to be home for a time. Stay there as long as circumstances will permit. Moving is expensive. Inside that house you owe yourself, your husband, your children, as well as your friends who may enter, a study in object-lessons; in other words, a well-kept, orderly house.

We must now look to the details or little things that go to make up the interior of the home. With proper training each member of a family will look upon each article of

furniture as grand, because it belongs to us, for we have paid our hard-earned money for it. Hence, we must take good care of this chair, that curtain; for there is another piece of furniture we wish to add to our collection as soon as we have saved enough. Tedious to wait for it? You are mistaken. It is a delight to look forward, as our children look forward to Christmas or a birthday. This life would be an empty dream if it were not for the joy and anticipation of the future.

The windows should be provided with screens, as also should outside doors. It is the landlord's place to provide them. If he does not, then get the adjustable screens; they are inexpensive. Or get the best black mosquito netting, put it the whole length of your bedroom windows and on one kitchen window. By setting the shades down about two inches, the windows may be lowered from the top or raised at the bottom, thereby causing a free circulation of air. Fresh air is, or should be, the important feature in our homes.

To keep the house cool in hot weather: If you are allowed to select the window shades, green in color is very satisfactory,

and opaque in quality by all means. The green is restful to the eyes, and when you wish to exclude the daylight you have shades which will do so. Air the house thoroughly morning and evening. As the sun advances, close the windows and draw the shades where it strikes, and follow it through the day. Then, when it is well around and the window panes have cooled off, open the window. If you do this, you will find when night comes on, the house will be much more comfortable.

Have screens at the cellar windows, also the attic, if you are fortunate enough to possess one. Screens are very necessary, as without them the house will be overrun with flies, which make useless work. A mud-scraper, also a broom at the back door, so that the children may clean their shoes, help to keep the interior of the house clean.

Look forward to some time owning your home, if it be but a cottage.

A few cedar posts set solidly into the ground, with wire chicken netting stretched taut, and fastened securely, is not expensive and makes a good fence for cities and small towns. If covered with morning glories, sweet peas and other vines, it makes a beautiful surrounding for the backyard.

# CHAPTER III

## THE KITCHEN

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### THE KITCHEN

Next to the sleeping-rooms, the kitchen is the most important room in the house. It should be light and well ventilated, as to have it otherwise would compel the unavoidable odors to penetrate other parts of the house.

If possible, have a hardwood floor (white maple is the best) with a good floor-finish. It can then be easily wiped off and kept clean, saving the scrubbing which a plain floor needs so often. If this cannot be had, then have your pine floor painted. A mop, if kept clean, will wipe the floor off nearly as well as getting on the knees and using a cloth; it saves your strength and time. In cold weather lay old pieces of carpet on the floor, in front of the stove, sink, and table. It will prevent cold feet, and the floor will not need cleaning as often. Each day these strips can be taken out and shaken free of dust. Occasionally wash them.

To make work easy is to do it well each day. Do not deceive yourself by saying, "That will do for this time," but keep things clean as you go. Have a place for everything, and keep everything in its place. Exact the same amount of care from each member of the family. You will find this way just as easy as throwing things "helter-skelter," and each will be happier.

Have you a gas range? Then the work is much easier. If you have a coal or wood range, and should be so unfortunate as to have a crack in the seam in the oven or elsewhere, take an equal quantity of wood ashes and common salt, wet with cold water to the consistency of soft dough, and fill the opening. If it dries and falls out, replenish. If there is a faint leak around the gas pipe where it joins the stove, fill it with a little scraping of common soap.

Once a week is often enough to give the kitchen stove a thorough blacking. At other times take a newspaper, crumple it in the hand, and give the stove a vigorous rubbing. A cloth wet in kerosene oil and rubbed on the nickel plate on your stove will help keep

it bright. Kerosene will also keep the bath-tub free from stains.

The sink should next receive attention. First, can any one inform us why, almost invariably, the sink shelf is placed (when there is but one) on the left side of the sink, making it wrong-handed to one who faces it? The side they are placed makes it necessary for us to cross our hands in order to lay the dish on the shelf, or an awkward move to place it in our right hand. This question arises among housekeepers frequently. In facing the sink, the shelf should be at our left side. So when you build your new house, look to it, if you would have things convenient.

A plumber was once heard to say, "Never use linen for dishcloths, it sheds lint so badly. Once a month get a can of lye, open the top, set it over the perforated holes in the sink, pour a teakettle of boiling water into it. If you do this, your pipes will never clog." It was not told as a secret, so I give it for what it may be worth to you. Cheesecloth makes the best dishcloths and also dish-towels. Two salt bags sewed together make

an excellent dishcloth. When you make a new one, take the old for kettles and tinware. Flour sacks, hemmed, make good dish-towels. With these you can get along very well with two or three linen glass-towels—in fact, without any linen at all, if you are careful to have the cotton ones clean for each dish-washing.

A graduated tin cup with a handle, also a graduated quart measure, are very convenient articles to add to your list of kitchen utensils. From the hardware store get a fruit-can opener, a wooden spoon, kitchen knives and forks, tablespoons and teaspoons; three of each will suffice to use in your cooking. Don't use silver, or even plated silver, for kitchen purposes. I have known women to use their silver knives and spoons to scrape the iron and tinware. That is extravagance, not economy. Then again, do not use your fingernails to scrape with. It wears them off and spoils the shape of the fingers. Use the kitchen knives for that purpose.

Buy just enough kitchen utensils to serve your purpose, no more. To buy more than

is actually necessary exhausts the ready funds too rapidly.

In buying a broom, see that the handle is light. Sweeping will be easier than with one with a heavy handle. Hang the broom up or rest it on its handle when not in use; it wears longer than when it rests on the brush part. A carpet sweeper is a labor-saving article; have one, if possible. Hang up kitchen utensils.

An ice chest is more economical than a refrigerator. The larger the piece of ice, the more economical. Wrapping ice in a flannel cloth, two or three thicknesses, is economy. Keep the ice chest in a cool place, where the wind will not strike it, and perfectly clean.

A slate hanging in a handy place in the kitchen, to jot down any article needed for the next grocery order, is a convenience. Avoid the borrowing habit. If it seems an unavoidable necessity, then return promptly, "full measure, pressed down and running over," and with thanks. Try keeping an expense book. It is better to keep the grocery list separate from other accounts.

It is not possible, living on a small income, to say "I will use so much for this or that, and so much for something else," for the reason, some seasons certain things cost more than at other times. Then again, our needs may be greater one time than another. By keeping an expense book, one can glance over the accounts and see where they may be able to curtail. Then again, it is a discipline we all need. The eldest boy or girl might be interested to help, the practice of which is good, instilling in their minds the same habits of thrift and economy.

Holders, with loops to hang by, for use about your stove, and others for ironing, save your aprons, towels, and often burned fingers. Have good, generous dark gingham work aprons; or even the back breadths of a cotton dress skirt may be used to serve the purpose. A square bib to pin over the waist, and sleeves to slip on, saves a dress wonderfully. A pocket on your apron, to slip the sleeves into, will be found handy when they are needed. Have a nail to hang your apron on, and never wear your kitchen apron doing work in other parts of the house.

These aprons are not warm and burdensome, yet they cover the dress sufficiently.

It is more economical to have brown crash towels, three-fourths of a yard long, with loops at both ends, for the kitchen. In farm houses the roller towels might be better. Have a nail expressly for the towel, and hang it by the loop. Have a wash-dish in the kitchen, and a nail to hang it by when not in use.

When working about the kitchen, and especially handling foods, the utmost care should be used to have clean hands. If the handkerchief must be used, wash the hands afterward. This is not only a neat habit, but from a health standpoint it is wise.

Buy a good reliable soap by the box, for kitchen and laundry uses. Cut each bar in two, stack it, not closely, on the top pantry shelf or some dry place. You will save money by so doing, as the soap will dry out, and will not waste in the using.

Did you ever try washing the dirty dishes as they accumulate during the day? Try it. It is so satisfactory when you come to wash your meal dishes not to have so many extra

ones. Then there will be nothing to attract flies. Just here, while we are washing dishes, let me give you a formula for a wash for the hands. It is not original, but I do not remember where I found it:

One ounce of citric acid.
Two ounces of rosewater.
Two ounces of glycerine.

To be applied after each dish-washing. Have a pen-knife on your kitchen shelf for cleaning your fingernails, and as often as once a week manicure them well. There is no excuse for untidy fingernails.

I have found it a wonderful help in the morning, having prepared as far as possible for breakfast the previous evening.

Be careful not to spill water and foods on yourself or the floor. Begin your meals early, so there need be no hurry. If one must hurry, there is liable to be more or less accidents and confusion, when there should be none if the meal is planned on time.

Make your own baking powder. Get these ingredients at a first-class drug store:

Two and one-half pounds cream tartar.
One pound bicarbonate of soda (saleratus).
One pound cornstarch.
To be sifted together five times.

Seal this as tightly as possible in glass jars. It requires less of this baking powder than the ordinary kind. This recipe is taken from the "Chautauqua Cook Book," and has been used in this family for years.

To render your own lard! "Oh," you may say, "I can't be bothered making those articles which I can buy ready prepared." Very well; but there are women who are pleased to save in any and all ways, in order to have a part of the income left for extras or luxuries. So here is a clean and healthful lard for them:

Leaf lard ten pounds,
Beef suet three pounds,
or that proportion. Cut both in small pieces, put into your kettle, add just a little water, say a tablespoonful, to keep it from burning until it begins to boil. Cover, let it cook about fifteen minutes, remove the lid, and let simmer until the fat is well cooked out. Watch that it does not burn. As it cooks,

dip out the clear fat into a clean jar. Set a colander into a clean pan, and into it pour all the remaining fat, scraps too. After it has drained a while mash with a large spoon. Lay a piece of clean cheesecloth over the jar, turn the clear fat into it, let stand a few moments. Then squeeze the remainder of the fat into a dish by itself; it will answer to add to potatoes, etc., in warming over.

Sometimes the lard will bear a little more suet, but it must not be hard, or it will be difficult to work into the flour for pie crust, etc. The suet takes the place of butter for ordinary use, and is better than clear lard. In warm weather I put the lard into small pails or jars and pour melted paraffine over it. Cover well and it will keep all right.

Make your syrup, so that you may know what it is. Take granulated sugar one teacup, one-third cup boiling water; a few drops of lemon juice improves it. Let boil about two minutes. It is then ready for use. Or one can make a larger quantity and have it ready when needed.

To poach eggs successfully (if you have not the rings): Add one teaspoon of salt

(level) to a pint of boiling water. Drop in each egg separately. Do not let the water boil too hard, and have enough to cover the eggs. They will need no more salt. Drain the water off, remove to your platter, add a dash of pepper and a small piece of butter to each egg.

To fry bread it should be dry—the dryer the better. Beat an egg to mix well the white and yolk. With a fork dip each piece of bread quickly in and out of clean hot water, then into the egg. Fry as pancakes. Eat with maple or other syrup. Nice for breakfast or lunch.

If you have an ear or more of sweet corn left from dinner, do not throw it away. First take a sharp-pointed knife, slit the center of each row of kernels, then with a knife the corn will slip off the cob readily. Spread on a granite plate and dry. It will take but a few hours in a warm oven—after baking is a good time. When perfectly dry, put into a paper bag and hang up. You will find it equal, if not superior, to canned corn, for a meal now and then in the winter when vegetables are scarce. When needed, soak

over night, or in warm water three or four hours. One teacupful is enough for an ordinary family. Cook the same as canned corn.

Do not throw out pieces of bread. The large soft pieces might be used at the next meal. To be sure, whole slices look nicer on the table; but when none but one's own family is present, let them expect to use such pieces. All other pieces left over can be used for puddings or for drying, to be rolled and used in the place of cracker crumbs, and for some foods they are to be preferred, such as fish, croquettes, etc. It is better to roll dry bread as you need it, for if put in cans it is apt to get musty.

Dry bread makes good pancakes. One cup of broken pieces, soaked in cold water (by the way, when making bread pudding soak the bread in cold water), then drain, working out the lumps. Add a cup of sour or buttermilk, one egg, one teaspoon of saleratus (added to the milk), a pinch of salt, and a scant cup of flour. Add more flour if too thin, as of some flour you need more than others.

To fry fish. When it is ready wipe each piece, dip it in beaten egg, then in rolled bread or cracker crumbs. Have just enough fat (not butter) to well cover the bottom of the spider, brown on one side, then turn.

To soak salt fish successfully, especially mackerel, lay the skin side up and change the water several times. Mackerel should soak from ten to twelve hours. Select a thick mackerel.

Butter gravy for mackerel or any salt fish: Butter the size of a large walnut, slightly brown in a spider, draw from the fire and add one tablespoonful of flour. Work well together, gradually add hot water, stirring the mixture until it is a smooth mass. Return to the fire, add a pinch of salt, a dash of pepper. Let boil up and pour, while hot, over the fish. Serve immediately.

Make cream gravy the same as the above, except use hot milk instead of water. Cream gravy is nice to pour over canned salmon or any left-over fish. Make a cream gravy and while hot add chopped, cold boiled potatoes. Very nice.

If you have more fresh eggs than are

needed for present use, take coarse salt, pack the eggs, little end down, and so they will not touch each other, completely covering them with the salt. They will keep a long time, several months.

When you raise cucumbers or can buy them cheaply, a good way to preserve them for winter's use is to pack them, first a layer of rock salt, then of cucumbers (not very large), alternately, until your jar or tub is full. They form their own brine, and if the water is not soft it is a safe process. Another way is to make a brine with water and sufficiently heavy with salt to float an egg, pack the cucumbers in the tub, pour the brine over them. Adding a piece of alum the size of a hickory nut hardens them. Before putting a weight on top to keep them under the brine, cover the top with horse-radish leaves; or a cloth may be used. Remove once in a while and rinse in clear water, then return. When wanted for use, put a few in warm water, changing it several times in the course of five or six hours. Have vinegar heated to pour over them, let stand a few hours and they are

ready for use. You will find them an excellent pickle and cheap.

Do not allow your butcher to trim your meat; do it yourself, washing the scraps carefully. The fat put into a dish over the fire and render the grease from it, adding this to your meat drippings, which of course you always save. This is excellent for warming over potatoes or to use in other ways. For some foods it is better than butter, which burns easily.

The lean scraps save to be added to the carcass of a baked fowl or the bones from a roast. This makes a foundation for stock. It can be used for soup immediately if you wish. Crack the bones, to extract the essence, cover well with cold water, let it come to a slow heat, simmer for three to four hours, keeping the water renewed, as it boils away. Season with salt and pepper and a dash of curry powder, if liked. Add any left-over vegetables and a small onion, also celery leaves. This makes a delicious soup, costing almost nothing.

If you will wash clean any celery leaves or stalks not used and dry them, putting them

into paper sacks, they are equally as good for soups and saves buying the seeds or powder. They answer the same purpose, and, as you always strain the soup, there is no objection to using them. Or if you do not strain it take a fork and lift the stems out.

Potatoes cooked with the jackets on are most nutritious. We once visited a lady of large means, who kept several servants, but would not allow the skins of the potatoes to be removed, preferring, as she said, "to get all the good there was in them." The potato was "kept warmer," she thought. Generally it is better to remove the skins in the kitchen.

To cook beets: Pull them from your own garden if possible (at least have them fresh) and of uniform size, about three inches through. Leave the long root and about one-half inch of the top on that no nutriment be lost. Wash thoroughly and cover with boiling water, add a level teaspoon of salt. Cook tender (about one hour) and the skin will slip off easily. More than enough for one meal may be cooked with the same fire. For a part of the beets while warm make a sauce as follows: Put over the fire one-half cup of

boiling water, add one tablespoon of vinegar, a piece of butter the size of a small walnut and season with salt and pepper. Slightly thicken with flour made smooth with cold water. When it boils well pour over the sliced beets.

The remaining beets slice, and to each layer add a little pepper and salt, and pour over all cold vinegar. Do not pierce the beets with a fork until about done.

It is wise to can your own fruit if you live where it is plentiful. Or should the price be very high, which in some seasons is the case, put up but little, using dried fruits mostly. It is better to put tomatoes in glass cans. Tomatoes for soup stock need not be peeled. Simply wipe clean, cut into small pieces, put over the fire and cook sufficiently to strain through a colander or sieve, which removes the skin and seeds. Return to the kettle (a porcelain) and boil well. Into your glass jars pour gradually hot water to warm them thoroughly. Then put the tomato in them and seal immediately. When you wish tomato soup your stock is easily prepared. In

using tomato stock for soup add a piece of salaratus the size of a large pea.

For other uses you need only peel your tomatoes, cutting them in slices and proceed as above. Wrap each can in paper to exclude the light. All fruit keeps better in a dark place.

When you get tired of tomatoes cooked, scalloped or otherwise, try this:

Take six medium-sized or one pint of canned tomatoes (if canned add a tiny bit of salaratus), put over the fire in a granite stew pan. Add salt, pepper, a small piece of butter and a tablespoonful of light brown sugar, enough sugar to take that sharp tomato taste off. Let cook up well, then add a cup of milk or part cream (if cream, then no butter). Boil again. If it should show signs of curdling it will smooth out all right if the milk is fresh. Next, wet up enough flour with cold milk to make the whole mass about as thick as good gravy. Boil up and serve.

Green Tomato Pickles: Take thoroughly green (seeds as green as outside) tomatoes, wipe clean, cut a thin layer of skin off each end, then cut remainder into one-half inch

slices. Make a brine with one cup of salt and water sufficient to cover one peck, let stand over night. In the morning drain thoroughly. In a porcelain kettle put one quart of cider vinegar and three of water. Add tomatoes, let come to a boil, stirring carefully once. Drain this water off, and to three pints of vinegar add two and three-fourth pounds of light brown sugar, two tablespoons each of ginger and cinnamon and one of cloves, tied in a thin cloth. Let get hot, add tomatoes and simmer twenty minutes. When cold put in a jar and cover well.

Tomato marmalade: Very nice.
Seven pounds of ripe tomatoes.
Four pounds of brown sugar.
One pint of good cider vinegar.
One teaspoon of cloves.
One tablespoon of cinnamon.

Two lemons sliced very thin (remove the seeds). Boil tomatoes and sugar together awhile, add vinegar and spices, let boil awhile longer and about ten minutes before removing from the fire, add the lemons. Boil until as thick as desired (not quite as thick as jam), care being taken that it does not burn.

When canning peaches save the skins, put over the fire, cover with cold water, let boil soft. Pour into your jelly bag (cheesecloth is good for that purpose), squeeze gently. Measure the juice and sugar the same as for other jellies. Return the juice to the fire, let boil fifteen minutes, add sugar, which should be previously heated. This will not be as thick jelly as most others, but by trying it, you will be able to tell when to remove from the fire. Where there are children this makes a good substitute and helps piece out the supply.

Strawberries should be washed carefully before the hulls are removed, to save the juice which otherwise would be lost. These berries require more sugar than most other fruit to insure their keeping.

To make any berry jelly: Put the berries over the fire (mash a little to start the juice, but do not add water), let cook well, then strain through a jelly bag. (I always wash thoroughly and dry my jelly bag after each using and put it away for future use. Before using it soak it a few minutes in clean water.) To each pint of juice take one pint of granu-

lated sugar. Put juice over the fire, put the sugar in the oven to get hot. After the juice begins to boil let boil twenty minutes, then add the hot sugar, let boil five minutes more. Remove from the fire. Have your jelly glasses perfectly clean, dip in cold water, let them drain, and as soon as the fire heat is off the jelly, and before it sets, fill the glasses. When cold pour melted paraffine over the top, put on the covers and set away in a cool, dry place. When you use the jelly remove the paraffine, saving it to be used again.

Where possible to procure blackberries make a generous supply of jam. Use light brown sugar and proceed as for other jams. Where there are children blackberry jam is much more wholesome than butter to use on bread.

Gravy: Take a small piece of butter, put it into the spider, let brown, not burn, pour a pint of milk onto it. Take a tablespoon of flour, make smooth with a little cold water or milk and when the milk boils, stir the flour into it; season with salt and pepper. Let cook well and remove from the fire. This is a gravy that most children like on potatoes

and bread. Many grown children enjoy the old-fashioned "milk gravy." It saves butter, which is quite important in most families of small means.

Should the meat drippings appear to be spoiling, put into a kettle over the fire, pare a potato, slice thin, add it to your fat, let cook brown, then remove from the fire—the potato will sweeten it. Do not add fresh fat to this; but use this first.

When cooking cabbage, turnip, onions, or any strong odored vegetable, let boil ten minutes, drain off water, then add boiling water and salt, return to fire and finish cooking. I always throw this water out of doors, also bean water after parboiling, as it is so strong if poured in the sink the odor is disagreeable.

Add a little cornstarch to salt before putting in the salt wells. The salt will not lump.

Soak salt pork in skimmed milk or milk and water over night (this for frying) and it will be as nice as fresh. Wipe dry before putting into the spider. Fried pork or bacon is very nice with a cream gravy poured over. Serve hot.

Try not to cook more of any kind of food

than will be eaten at one meal. In case there should be some left over do not throw it out. Make it a point of your every-day life to save everything which can possibly be used. It will soon become easier to you than wasting.

Lemon juice is to be preferred to vinegar for some uses. But we cannot do entirely without vinegar. Have a jug or keg expressly for it. Get the pure cider vinegar. Rinse any dish in which you may have had syrup and add to the vinegar.

A plant called "mother or vinegar plant" forms on top of vinegar, which makes and preserves it.

Save all bits of milk, and when sour a teacup of it, with one-half teaspoon of salaratus dissolved in it, with the addition of one egg, will make nice pancakes or a johnnycake, etc. It will make good cake also. (When making cake or pancakes, add the beaten white of the eggs last and fold it in the batter rather than beat.) It is cheaper than baking powder. A little practice will satisfy you to use sour milk when you have it. When fresh buttermilk can be obtained it is better than sour milk. Buttermilk makes an excellent drink for those

who like the taste, being laxative and tonic.

While I am writing I see from my window a little scene which I must tell my readers. Men working on a house near by hailed a milk man and bought all the buttermilk he had in his wagon, a number of quarts, and at the same time a family beer wagon was passing. May the W. C. T. U. take courage.

Potato parings are excellent to clean carafes (water bottles), vinegar cruets, etc. Let stand several hours. Shake well.

If grease catches fire, dash flour over it instead of water. If your clothes take fire do not run out into the wind, but roll on the floor or wrap a piece of carpet or a bed quilt around yourself. For a small burn apply moist salaratus and wrap with a wet cloth.

When wood is used for fuel sometimes the chimney catches fire. In such a case open the top of the stove and dash several handfuls of salt over the fire. This will check the flame and the soot will burn out of the chimney, causing no harm but a better draught to your stove.

If peas are not strictly fresh, before shell-

ing them let stand in cold water a couple of hours. It freshens them decidedly.

If you wish a warm plate or dish in a hurry pour hot water upon it, let stand a second, wipe, and you have it.

I am sure you would like this recipe for Tomato Relish:

One peck of ripe tomatoes.
Five medium-sized onions.
Two medium-sized red peppers.
One cup white sugar.
One cup grated horse-radish.
Three-fourths cup mustard seed.
Two tablespoons black pepper.
One quart vinegar.
One, one-half cup salt.

Chop tomatoes and drain off part of the juice, chop onions and red peppers fine. Add all the other ingredients and stir well together. Do not cook and it need not be sealed. Put it in clean cans or a jar and cover well.—Mrs. McPherson.

Chili sauce: Fine for meats.
Thirty ripe tomatoes.
Ten onions, medium size.
Four red peppers, common size.

Seven tablespoons of brown sugar.
Five tablespoons of salt.
Eight cups of good cider vinegar.

Put all together and boil two hours. Seal as for catsup.—Mrs. Wales.

Cucumbers to be eaten fresh should be *perfectly fresh.* Pare a good thick skin from them and cut both ends off to the seeds. Cut in thin slices and add salt, set on ice if possible. When ready to use them pour off the brine which has formed and rinse with cold water. Add pepper and vinegar.

Next to the outside skin of rutabagas and turnips you will find a layer somewhat lighter than the middle. Cut this away before cooking. If you mash them add a very little sugar with the other seasoning. It is an improvement.

Pumpkin pies, such as Martha Washington used to make: First, select a fine-grained pumpkin, wash the outside well, cut into small pieces, removing the fiber from the center. Leave the rind on; like potatoes, the best is near the outside. Put into a large kettle a half-cup of water, then the pumpkin. Let it cook dry. It will be a dark brown

color. So much the better if it does not burn. Stir often to prevent burning. Next put it through the colander, which removes all rind and coarseness. One-half cup of this strained pumpkin is enough for one pie. The remainder of the pumpkin spread on granite pie plates, set in a warm oven and in a few hours it will be sufficiently dry to put into a paper bag and hang up for winter's use. This sounds like more work than it really is. If you are fond of pumpkin pies it pays. When you want pie in the winter take what would be a half-teacup (for each pie wanted), add a little (at a time), warm milk, let it soak and in an hour or so it will be ready for use.

The pie: One-half cup of pumpkin, one very large egg or two small ones, one-half cup of brown sugar, one pint of rich new milk, a pinch of salt, one teaspoonful ginger, one-half teaspoonful cinnamon. Beat eggs and sugar together thoroughly, add the other ingredients and the milk last. Of course pumpkin pies have only one crust and must bake quickly, while a custard pie should bake slowly.

If you will follow these directions you will

not wonder that George liked Martha's pies.

If you wish a very nice custard pie follow the directions of almost any cook book, with this added: Beat the eggs to mix well the yolks and whites, add sugar and beat until you can lift a spoonful and it will not run over.

Pie crust for one pie: One cup of flour, scant one-half cup of shortening (chilled on ice if possible), one-third cup of cold water. Chop the shortening into the flour, add the water and work with the hand as little as possible.

To make tart shells: One cup of flour, full one-half cup of shortening (chilled), one tablespoonful of water and the white of one small egg. Work the shortening into the flour as for pie crust, beat the egg and add the water to it, then add to the flour, mixing as little as possible. If mixed and rolled too much it makes the crust tough.

Very dry Hubbard squash is improved by adding a teaspoonful of sugar and one or two tablespoonfuls of cream. (If you use cream you need use no butter.) Beat up with a fork the same as mashed potatoes. Warm the

cream or milk before adding to the squash or potato.

Sweet corn and succotash is improved by adding a little sugar, say a tablespoonful.

Rhubarb should be stripped of its outer skin, cut into inch or so lengths, washed and put into a granite or porcelain stew-pan without the addition of water. Stew tender and just before removing from the fire add the sugar. Rhubarb ought to be eaten very freely in the spring of the year.

Care should be taken not to use tin in which to stew acid fruits.

When a tin can of fruit or vegetable or meat is opened empty the contents immediately. If through mistake it has been allowed to stand after being opened do not under any consideration use it. Better go hungry, for people have been poisoned by eating such food.

To make delicious hash, it should be made of corn beef. Boil a nice piece of beef and after it is cold cut away all gristle, leaving a small quantity of fat. If very salty put into cold water to boil, if slightly corned (which is the nicer) cover with boiling water. Take

one-third meat, two-thirds whole cold boiled potatoes. Chop meat nearly as fine as for mince meat, add potatoes (do not chop meat and potatoes together, but chop meat first, then add potatoes) and a very small onion (the onion may be omitted). You may chop this the night before. Now use a good-sized spider, put in some of the fat off the top of the water in which the beef was boiled, enough to cover well the bottom of the spider. Put your hash in, make a hole in the center, fill with warm water, sprinkle with salt and pepper, put on the cover and let simmer, but not burn. Do not stir until about ready to remove from the fire. The hash should be moist, but not wet. A little practice will enable you to make nice hash.

If you have a cup of boiled rice left over convert it into pancakes. First take a potato masher and work the rice as smooth as possible. Add one cup of sweet milk, one egg, a pinch of salt and a scant cup of flour, into which two level teaspoons of baking powder has been stirred. Beat all together and bake on griddle.

This little volume is not designed to be a

cook book. But these few recipes are given which you will not be apt to find in the ordinary cook book. They have come into my practice by experience and observation. They will be worth much to any one who cares to adopt them. My advice to you would be, in following most cook books, care must be exercised and good judgment used, for many recipes are expensive and the material too rich for the stomach.

It is well to remember that in high altitudes, less sugar and butter is required for cake, etc., than in low. Also in some localities it takes longer to cook vegetables and meats than others. So your cook book may not always be to blame if you do not have success the first trial.

I wish to call your attention to a vegetarian diet. Cook books for the same may be obtained at almost any first-class book store or the dealer could obtain one for you. For five years my family has followed, almost entirely, a vegetarian diet, greatly to the advantage, from a health standpoint, of each member. I am sure you will like to know of what our diet consists. Cattle and sheep

are strictly vegetarians; for that reason I prefer my vegetables first hand. Our chief diet is vegetables and an abundance of fruit in its season. We use butter, eggs and sugar sparingly. We use figs to some extent and dates we buy by the large quantity—they come cheaper—say by the twelve-pound box. The dark date is preferred to the golden; it has a richer flavor, though a little more expensive. We also use nuts. Mark this—we use these fruits as a course at meal time, and not too large a quantity. Say of dates, from six to twelve to a person. Dates are nice to put into puddings, etc., instead of raisins. We also use raisins on the table to some extent, care being taken to remove the seeds, and masticate them well. The same with grapes.

We use apples plentifully, buying them generally by the barrel. We use them in all ways, raw, baked, stewed, and for puddings and occasionally a pie. When baking apples add sugar to the cavity, after removing the core. You add water, of course. As they bake try basting them, exactly as you do meat. When stewing apples a few bits of orange or lemon rinds improve the taste. Some like nut-

meg. Save your strength by sitting while peeling apples or potatoes or preparing other vegetables for a meal.

We use very little pastry. I have often been asked as to the expense. There is but little difference in comparison to a meat diet; but it is far more healthful and makes less work for the cook.

Cultivate a taste for vegetables (especially green) and fruits. It is not a great task to acquire a taste for olives, celery, etc. I call to mind when I disliked even the odor of celery. The first I learned to appreciate was a red kind. It grew short, but very sweet and tender and was grown in our own garden from seed purchased of the seed merchant, Peter Henderson, New York.

Excellent Hop Yeast: One pint of corn, scorched slowly. Do not burn. Take two handfuls of hops, together with the corn, add four quarts of water and let boil one hour. Boil ten good-sized potatoes, mash well. Strain the hop water while hot onto the potatoes. Add to this one teacup of sugar and one-half cup of salt. Put over the fire and scald. If a scum rises remove it. Set it to

one side to cool and when lukewarm add to it one cup of soft yeast or one cake of any good yeast.

Let it stand in a moderately warm place three or four hours or until light. Then put it into clean bottles or glass jars and keep it in a cool place, but not where it will freeze. Yeast cakes may be made of this by adding cornmeal enough to stiffen it and a spoonful of flour, so that it may be rolled and cut into small cakes. Put them into a warm place to dry. They will keep a very long time if kept in a cool, dry place.—Mrs. Butterfield.

A dry or stale loaf of bread or biscuits may be freshened and made very good by dipping (quickly) into cold water, and put immediately in a not too hot oven. Let stand thirty minutes or so.

The way I make bread is this: In the afternoon boil three or four medium-sized potatoes. In a granite pan mash them well, add five heaping tablespoons of flour. Over this pour boiling water enough to scald the flour and make the mass about like cake batter. Stir well together and beat light, the lumps will work out, then let stand until cool,

stirring occasionally. Put to soak three-fourths cake of any good dried yeast, or nearly one-half cup of soft yeast. When thoroughly soft and the batter just warm put together and beat well. Then set in not too warm a place, but out of a draught of air. Before bed time this batter will be light. Add a pinch of salt, but no more water. This makes three loaves. (If you wish a larger batch add more ingredients in the afternoon.) Gradually add sufficient flour to make a stiff mass. Take it on the molding-board and knead and knead, adding flour as long as it sticks to the board. I put a handful of flour on top and punch it with the fist. Now return it to the pan, cover well and set to rise overnight. Early in the morning make it into loaves. Let rise again and put into not too hot an oven. Let bake slowly one hour. This bread is delicious and will keep moist if kept in the tin receptacle. You see while you are sleeping your bread is rising and it will be out of your way by 9 or 10 o'clock the next morning.

Very old potatoes or new (not ripe) potatoes do not make very good yeast or bread.

So do not be discouraged if in the spring the bread is not perfect.

Do not use bread the same day it is baked if it can be avoided. Any hot breads such as biscuits, rolls, etc., are not as good for the stomach as when a day old. Of course, they "taste good," but if often indulged in, the stomach in time is sure to rebel.

In some cook books may be found a recipe for unleaven graham gems. But I doubt if you will find one for unleaven graham bread. Here is one for you, and if you will make and eat it according to directions, it will be found an excellent article of diet. If one is troubled with constipation or indigestion, they will soon derive benefit from its use.

Unleaven graham bread: Into one and one-half pints of cold water (no salt) gradually stir graham flour (free from coarse bran) until thick enough to lift a spoonful and it will not run, but separate itself. This makes one loaf. More may be baked with the same fire, but nothing else should be put into the oven with the bread. Better results are obtained if each loaf is made separately. Grease the pans (do not use butter), dip the dough into it,

spreading it into the corners and evenly against the sides. Before mixing the bread, light the oven giving it from twenty to thirty minutes to heat. If you use a gas stove this bread is easily baked. It is the heat that raises this bread, so the oven must be hotter than for white bread. Just before putting the loaves into the oven, put a tablespoon of cold water over each loaf. It takes one and one-half hours to bake. Do not open the oven door until the end of the first half hour. Then turn it around, also at the end of the second half hour, but do not open the oven door between the half hours. After the bread has been in the oven fifteen minutes lower the heat by turning off the back burner. Leave the other burner full. One slice or even one-half slice is all one needs at one meal. It must be well masticated. At first you may think you do not like it; but I have not known a person but would continue taking a piece until they would call for it if none was on the table. In real hot weather (dog days) it does not keep as well, if much is made at one time.

Cookies for Children: Into one side of a pan of flour break one egg, add one cup of

shortening (the lard and suet are fine for these), one cup of sugar, each of white and brown, one cup of sour milk or buttermilk (if buttermilk not quite so much shortening), one level teaspoon of soda (saleratus) dissolved in the milk, and a little nutmeg. With the hand work this well together, gradually adding flour to make a dough not too stiff. Roll not too thin and bake in a quick oven. These cookies are nicer not to beat as ordinarily.

Ginger Cookies:
One cup of N. O. molasses.
One cup of sugar.
Three-fourths cup of shortening.

One-half cup of boiling water, add two teaspoonfuls of salaratus to the water, one teaspoonful of ginger.

One egg. (The egg may be omitted.) Add flour enough to roll out comfortably without sticking to the board. Do not roll very thin and the oven must not be very hot, as molasses cookies burn easily.

Fried Cakes: Into a pan with flour break one egg, add one cup of sugar, four tablespoons of melted shortening, one cup of sour

or buttermilk and a little nutmeg. With the hand mix thoroughly, adding enough flour to roll out nicely. Fry in deep hot fat. —Mrs. Davis.

After frying fried cakes allow the grease to stand awhile that the crumbs may settle, then pour off the clear fat into a dish by itself. This may be used several times before it will be too brown to use again. Of course each time fresh fat would be added to it. Then throw out the settlings and with a paper wipe out the kettle, throwing the paper into the garbage or burn it. There would be less grease to go into the dish-water if every greasy dish was treated in this way.

Wind a strip of clean muslin around the end of a small stick for greasing bread tins, pancake griddle, etc. Grease the griddle sparingly and avoid smoke.

Make a cover of unbleached cotton cloth for your rolling-pin and the molding-board unless you have a place for them out of the way of flies and dust. After using the board and pin, scrape them clean and wipe dry before putting in their cases. In making bread or any dough food, do not waste scraps of

flour and dough. Learn to use all that is wet and save all the dry flour not needed. I once knew a housekeeper who wasted much in this way.

As you use the fruit from the glass jars and jelly glasses wash then carefully, let drain and dry thoroughly. If the rubbers are good, wash and dry them, also the tops or covers. Put the rubbers inside the can, put the tops on and set away in the place provided for them; they are then ready for use when needed. Do these *little things* as they need doing, each day, each hour, and you will soon be able to crowd your work instead of your work crowding you.

It will pay you to have a pair of scales for weighing purposes. Not only are they a convenience for canning and preserving fruits, but often it will be to your advantage to weigh your groceries. If you pay by the week or month, or whenever, run over the account yourself, or get John or one of the older children to do it for you. Often the clerk has made a mistake; we all are liable to do so. We frequently find a mistake in the grocer's favor or your own. Have your house-

hold accounts balance at the end of the month, as does a banker or any business house.

A hammer is a very useful article to have in the drawer, hard by. Do not allow the children to carry it off, causing you to hunt for it when in a hurry. Nails and tacks also keep in a box in a handy place. Save all twine, roll into a ball for use around the kitchen.

Do not leave water standing in the teakettle from one meal to another. If you can afford it get a copper teakettle on the start. It will last many years.

Put just enough water into your teakettle for present needs. It is not necessary that water boil when used for washing dishes, etc. I have seen maids boil a teakettle full of water, when a small amount warmed would be sufficient to begin the work. Add more to heat while using the first consignment. If gas is used it makes quite a difference in the consumption at the end of the month.

We prefer a double coffee-steeper—that is, a bottom to contain water, the pot should be double, and sets on this bottom of hot

water and the steam circles around the coffee-pot, steeping instead of boiling the coffee. You need then, never use eggs or anything to settle the coffee, and it will be as clear as amber. Get a good grade of coffee and use less than in the ordinary way of brewing. With care, washing and drying the pot, it will last many years. The milk or cream for coffee should be heated and put into the cups and the hot coffee poured upon it. It makes a richer cup of coffee.

In brewing tea, we prefer the earthen or granite teapot. Silver looks nicer, but the tea will taste no better. Put into your tea-kettle fresh, cold water, the same as when making coffee. *Boil quickly and use immediately.* Put a level teaspoonful of tea into the pot (having previously scalded it) or more or less, as you like the strength. Now pour a generous cupful of the boiling water upon it, cover with a tea-cosy made for that purpose, or an old tablecloth will answer, tuck it close. Let this stand about five minutes, remove the tea leaves, and it is ready to bring to the table. Tea should not boil nor stand long after the hot water is poured

upon it. There is no economy in saving tea or coffee for second use. Throw it out and make less next time.

When there is a large family it is economy to buy flour by the barrel, keeping it in a cool, dry place.

A strong platform made a little larger than the barrel and about two inches high, with four stout castors, is a great convenience for rolling a barrel of flour from the door to its place.

Buy oatmeal or rolled oats by the quantity. Also starch is cheaper by the quantity. One must use a great deal of care and good judgment, however, in buying by the quantity, not to get so much it will spoil before it can be used. If a woman sets about the task it will be but a short time till she can buy very close to her needs.

Save all the berry and fruit boxes and baskets for kindling fires. Save all medicine bottles, wash and dry them. When getting a prescription filled at the drug store take one of these bottles along. It will save you five or ten cents.

In the morning after the dining table is

cleared, and while the water is heating for the dishes, go to the sleeping-rooms, open the windows, shake up the pillows, turn the bedding back over the foot of the bed, with a chair placed under, to keep them off the floor. Gather up and put into place any article left about the room. By this time the water is heated.

I like to wash the tins and ironware first, wiping them with the dishcloth and setting them to dry, after which they may be put in their place. Scour them, if they need it, each day. Try wetting the cloth in kerosene instead of water, when scouring faucets, brass, copper, tinware, granite or in fact any kitchen utensil. (Washing the inside after the scouring of any article used for cooking.) It will require about half the strength to accomplish the same result.

Do not leave dishes of any kind from one meal to another. It is untidy to do so, and again they are harder to wash. Next, with clean water wash the glassware, next the silverware, then the china. White lead makes an excellent cement for china, etc. When all the dishes are done get clean water and wash

table, shelf and sink. And last, but not least, with more clean water, rinse your dish towels and dishcloth (the latter scald once in awhile), hanging them out to dry. You will then never have a sour dishcloth. Save scrubbing your kitchen table by laying paper on it. Replenish often. Putting a paper folded several thicknesses over the sink drain will prevent odors, should there be any, from escaping into the room. Never leave scraps of food about anywhere. Take them to the outside garbage pail or the refuse heap. Or, if they must be kept inside for a short time keep them well covered. Have what is known as open plumbing. There will then be no "catch-all," i. e., less dirt and less odors.

As a grocer approached the rear door of a customer's house he remarked: "Mrs. B., this is the queerest back door I ever saw." The lady looked up rather astonished and asked quickly: "Why, Mr. T., what ails it?" "Well," said he, "I never see flies around this door!" Mrs. B., very much relieved at this reply, answered: "The flies would starve to death here." There is no good reason why every back door could not be kept free from

litter and garbage and thereby free from flies.

Well, while I have been gossiping, you have rubbed your stove with a paper, swept the floor, hung the broom on its nail and are ready to leave the kitchen for a time. Let's sit down just a minute to rest. I have something more I wish to tell you. We may just as well sit as to stand.

I wanted to say where there is no collector for the garbage, and you have a garden or grounds large enough, it might be buried just under the surface of the soil. It will make the ground fertile. If that cannot be done, dig a hole, put the refuse into it and cover with earth or ashes. Coal ashes if mixed with clay soil will pulverize and make it pliable.

Save all your rags for the rag collector. Before throwing old garments in the rag barrel cut off all good buttons, putting them into a box for that purpose. Some may think it not worth while to save rags; but let me tell you they will bring you a good many pennies, which can be used for the missionary box or for postage stamps or for Johnny's or Susie's Sunday School money.

Again, I believe you will be interested in

a conversation I once heard in regard to complexions. Please excuse me for deviating from my subject—the kitchen. But this is so closely allied to it that it will fit here. I think you will all agree with me that most women are inclined to be vain on the subject of looks. Else why do most of them powder their faces?

Travel where you may, we see not only the middle-aged women, but often old women, frequently girls, with powdered faces. But I must return to the dialogue: "Mrs. B., what do you do or how do you manage that all your family have such rosy cheeks and clear complexions?" asked a young woman, Miss D. "As long ago as I can remember," Mrs. B. replied, "my father gave us children sulphur and molasses every spring, and I have, with the exception of a year or two, not failed to give it to my children and taken it myself."

"Why, Mrs. B., do you really believe that does any good?" asked Miss D.

"Certainly I do, for it is a blood cleanser, and, although an old-fashioned remedy, it is an excellent spring medicine."

"When and how is it to be taken?" asked Miss D.

"Wait until the weather is quite mild, about May in the northern states. Buy the powdered sulphur, take two-thirds sulphur, one-third cream of tartar and molasses (not syrup) enough to make it the consistency of thick cream. Dose: One teaspoonful every morning before eating, for three mornings, skip three, then take three again, and so on until you have taken it nine mornings," said Mrs. B. "But sulphur has not all to do with a clear complexion. Eat proper food and regularly, keeping early hours. Improper eating and food, together with late hours, are an abomination to a rosy complexion and good health."

Another question from Miss D.: "Do you think candy helps to make a poor complexion?"

"Much candy? Yes, I really do."

"But you need not take my word for it," said Mrs. B. "Look about you and if among your acquaintances you know of one or more who eat rich food, make 'fudge' frequently, eat whenever they take a notion, or 'piece

between meals,' then if you have an opportunity, scrutinize their skin. Is it possible for such a person to have a clear complexion after such a breach of hygiene? The blood reflects in the face the state of the stomach. It is not necessary that one have a white skin to have a good complexion."

"Do you never powder?" a little smile passing over Miss D.'s face.

"Never in my life," quickly answered Mrs. B., "have I put powder on my face. I should as soon think of filling the pores of my whole body with powder as put it on my face."

"Well, do you use soap on your face?" again asked Miss D.

"Yes; I wash my face in soft water, using a pure soap at least once a day; oftener if I think there is need of it."

"I should like to know if there is nothing you would recommend in the place of sulphur?" quickly asked Miss D.

Mrs. B. replied: "I must say this in favor of sulphur. It is a very simple and inexpensive medicine, and need be taken only in the spring, except the blood is much out of order; in that case September would be the month.

But lemon juice is a good tonic. One teaspoonful of the juice in a little cool water taken in the morning before breakfast is excellent. Pomelo or grape fruit is also a good tonic, and, while the latter is expensive, it takes but a small piece to equal a dose of lemon juice. Bear in mind, though, you should use no sugar with either the grape fruit or the lemon if you wish the tonic effect. It is economy to use these tonics for the health's sake."

Miss D. looked up and earnestly said: "I believe I'll try the sulphur."

"I know you will find it very beneficial," said Mrs. B., "and while you are trying it extend the trial in other directions one year and satisfy yourself as to the effect."

"Oh, I'm afraid I cannot give up all those good things," rejoined Miss D.

"Rest assured, my dear girl, there are enough 'good things' left to satisfy the most exacting appetite," was Mrs. B.'s final reply.

In the spring of the year dandelion greens are most wholesome and may be had for the trouble of picking them. Go into God's acres or send the children as soon as the dandelion

appears above the ground. Enough for a meal may be gathered in a short time. Look them over carefully and wash well. Parboiling removes the most bitter taste. Then add salt and more boiling water. Prepare a dozen messes during the springtime. A physician says: "If every family would eat freely of dandelion greens there would be scarcely any liver trouble."

When preparing meals or baking instead of getting a fresh spoon or dish wash those you have in use, thus saving the accumulation of dirty dishes.

In stoning raisins pour near-boiling water over them, let stand a minute or two, pour water off, add cold water and with a sharp knife the seeds will slip out free from the pulp. It is a short process, compared to the old way.

If you have left-over mashed potatoes use them for croquettes for breakfast or lunch. For instance, take a small piece of boiled codfish shredded, add one egg, beaten—the yolk alone may be used or the white—a pinch of salt, a dash of pepper; mix all together. If too soft add a little flour. Make into rolls

or balls and roll in bread crumbs. Take some of the meat drippings or lard into a deep skillet, and when very hot, drop the balls into it. Try one first, to test the heat of the fat. For if it is not hot enough they will fall to pieces. The potato without the codfish is very good. These may also be made flat and fried in a spider with a very little fat to wet the surface.

When parboiling beans add a piece of soda (salaratus) the size of a bean. It will improve them.

It is an excellent plan to wash all fruit before serving it on the table or even handling it. Bananas, oranges, etc. They are necessarily handled by many hands before they reach you.

Salad Dressing: Preferable to the regular mayonnaise. It certainly is very palatable and cheaper and much less work to make. One teaspoon each of salt and ground mustard; three tablespoons of sweet cream, a piece of butter the size of a small walnut, three tablespoons of sugar, the yolk of one large egg, one-third cup of vinegar. Beat egg thoroughly, add mustard, smooth the

lumps out and beat well; add sugar, salt and cream, beat well. Stir all together and put over the fire (in a double boiler is best), heat vinegar and add last. Stir well until it thickens. If too stiff add a little more cream or milk previously heated.

Johnny Cake: One cup of sweet milk, one cup of meal, one-half cup of flour, one egg. Butter the size of a large walnut, scant half-cup of sugar and two tablespoons baking powder. Very nice.—Mrs. Elliot.

To keep lettuce, water cress, etc., fresh roll in a cloth wet in cold water. Put into the ice chest or a cool place.

Tea Cake: Three-fourths cup white sugar, one-half cup sweet milk, one and one-half cups flour, one tablespoon of soft butter, one heaping teaspoon baking powder. Beat egg well, add sugar, beat well again; add butter and beat again; add milk, then flour, with baking powder added to it. This may be made into a loaf or layer cake. Very nice and cheap.—Chautauqua Cook Book.

Sponge Cake: One and one-half cups of granulated sugar, three eggs, the whites and yolks beaten separately; one-half cup water, small one-half teaspoon soda (salaratus) dis-

solved in water, one and one-half cups flour, one teaspoon cream tartar (small); or baking powder may be used in the place of cream tartar and soda. Stir in whites last. Beat yolk of eggs a little, add sugar and beat over and over until very light; put baking powder to flour and mix well; add water, then flour to egg and sugar; beat white of eggs to stiff froth and add last, carefully; flavor with lemon. Very nice.—Chautauqua Cook Book.

Soak new lima beans in warm water fifteen minutes, the skin will slip off readily. Old ones require soaking one-half hour or longer, then with a sharp knife the skin peals off easily. The bean is nicer if this tough skin is removed.

A field marshal's duty is not complete until he has made sure that there are no obstructions in the way when he marshals his army for action. So it should be with every housekeeper. Before retiring she should see that the scatterings of the day or evening are gathered up, so that she and her small army may begin the day with level heads and no confusion. Don't make the excuse that you are too tired unless you are actually sick. If you do you'll always be tired.

# CHAPTER IV

## THE DINING ROOM

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### THE DINING ROOM

The dining room should be as attractive as one can afford to make it. Where there are children a crumb cloth under the table is a great saving. A good heavy brown linen or denim is excellent for the purpose and wears well. It is easily washed and need be only large enough to catch the crumbs and the dirt from the shoes.

Unless you can really afford better, while the children are small, and especially for every day use, brown table linen is much more economical than the white. It soon bleaches and washes easily, and when ironed smoothly looks well on the table. Or even red tablecloths may be used to advantage.

When a white tablecloth is used, put tray cloths under the children's plates. These can be changed often and are not much to wash. Red napkins will do for the children, especially when fruit is served. There should be no lack of napkins for children. If funds are

low take the best of old tablecloths, or even cotton cloth cut in squares, could be used for napkins. The main idea is to accustom children to habits of neatness and refinement.

Buy the best dishes you can afford. One can set a pretty looking table on small money. Good pressed glassware and the best plated silverware is very reasonable in price and with care will last many years. Of extra side dishes I believe the finger bowl the most sensible.

It is not our object to dictate the exact number, nor the quality of everything to be used. But I would advise care and thought in furnishing your dining room as elsewhere.

If there are no children (I hope there are) or after they are cared for, and sent on their way to school, the table must be cleared. The bread should be put into a tin bread box* immediately upon rising from the table, because bread dries so quickly. Pieces of butter should be saved for the next meal, but if mussed, yet clean, it should be put with the

*An old boiler with a cover, kept perfectly clean and sweet by washing and scalding, is an excellent receptacle for bread and cake.

meat drippings. Put the butter on a clean dish, cover and set in the ice chest or a cool place.

As early as children can serve themselves use the small plates (called bread and butter plates) at each place. The butter may be served on these plates, thereby doing away with the common butter plate or dish. The piece of bread lay on this plate.

Everything on the different plates belonging to one's family if carefully saved can be warmed over or converted into appetizing morsels for the next meal. Put all scraps of waste together, scraping clean each dish and plate, piling each kind by themselves. Have a good-sized tray and carry them to the kitchen table.

If economy of steps and time is really necessary, the crumbs may be brushed from the cloth and the table reset for the next meal. Or if not, the tablecloth, with the pad, should be folded and put into the sideboard or pantry. If care is taken to fold the tablecloth in the creases each time, it will look better much longer than when folded haphazard. The table pad or silence cloth, should be the heavy

double-faced cloth made for that purpose or one can use some other thick material. The pad is quite essential, preserving the polish of the table and preventing noise from the handling of dishes.

Use the sweeper for ordinary sweeping. The dusting of the room might wait until later if it is not convenient to do it immediately.

Don't carry a "lazy man's load," but when you go from one place to another in the house look about you; perhaps you can save an extra trip by carrying more than one article, and maybe bring back something which will be required in a short time.

Clear the table as soon as possible after each meal, for food invites flies.

The meal hours should be understood by each member of the household, and they should present themselves at that hour regularly, *unless delay,* of which they had no control, has prevented their doing so. Habitual tardiness at meals is, first, an injustice to one's self, for the viands cannot be as appetizing as if eaten when first cooked. Secondly, it is an unkindness to the wife and mother, who

has labored to prepare the food that should nourish her family. To exact promptness to meals from children is instilling in their young minds one of the fundamental principles of life. But if the excuse for tardiness is unavoidable delay, the wife and mother should accept it graciously, without frowns and complaints, else the calm serenity of the meal will be marred needlessly.

# CHAPTER V

## SLEEPING ROOMS

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### SLEEPING ROOMS

These rooms, so important to health, should be well ventilated. Open the windows at the top as well as at the bottom, that the impure air may go out, the fresh air come in.

If you have not hardwood floors, matting makes a better covering than carpets and is easily kept clean. Take a half pail of water, put a handful of salt in it and with a clean cloth or mop wipe the dust off occasionally. Do not have the cloth dripping wet, for you need only to wipe off the surface. Salt helps to preserve the fiber and sweetens it also. A rug or strip of carpet in front of the bed and dresser saves the wear of the matting.

The metal bedstead is the most economical. If possible to do otherwise do not buy the cheapest, for the enamel is not as good, hence in a short time will look shabbily and require a fresh coat. A strong set of woven-wire springs comes next. A good cotton mattress will wear for years and is clean and comfort-

able. A hair mattress is expensive, not only at the time of purchase, but it requires more care than a cotton one.

Go to a reliable furniture dealer, select a good, clean cotton, not necessarily the highest priced, and a good firm piece of ticking. Let him make a mattress for you, giving him the size of your bedstead. It should be at least four inches thick, the cotton packed firmly and tied closely. If it is made properly it will not sag in spots by the weight of the body. I have been using one now twelve years, and it is nearly as smooth and clean as when new.

Put an old quilt or other clean cloth on the springs, before putting on the mattress; this will prevent wearing holes in it, which the springs might do otherwise. These old quilts, etc., should be washed twice a year.

Get geese feathers, not down, for pillows—size about twenty-six inches by eighteen inches, makes a good one for most people. They should weigh about two to two and one-half pounds. Have one smaller pair for children and one very small for baby.

When a fresh pillow slip is put on, thrust

the hand into the corners and pull the corner of the slip over the corner of the pillow. Then straighten the slip and the pillow will look neater when on the bed. If you are particular to keep slips on your pillows at all times, the tick will not need washing oftener than once in ten or fifteen years. The most satisfactory way to wash them is to empty the feathers. If washed with the feathers in, the tick is apt to dry streaked and the feathers get musty.

Next the mattress lay the bed pad, which can be made by taking two pieces of unbleached cotton cloth, about three-fourths the size of the mattress, putting a good thick layer of cotton-wool between (a cheap grade of cotton will answer). Tie as for comfortables, turn the edges in and sew on the machine.

Next put on a sheet with the right side up, tucking it down snugly all around. Next, the upper sheet with the wrong side up. This brings the right sides of the two sheets together. Then comes a quilt or blanket if in summer or a comfortable if in winter. Then last, your white spread. Let the spread fall over the bed all around. Now turn the top

sheet over the quilt (turning the sheet over helps decidedly to keep the edge of the quilt clean), but under the spread at the head, and then put on your pillows, setting them up a little. Stand off and look, and if you have not a nice, clean, comfortable bed, then I am mistaken.

Let me tell you that the pad helps to keep the mattress clean and can be washed very easily. It is really indispensable. For small children's beds have several, that they may be washed often.

A good habit to form is to open your bed to air before you leave your room in the morning. When you use mattresses there is no need of pulling the bed to pieces every morning. If you use a feather-bed (I hope you do not) more care must be taken in airing and making than with mattresses. If you have a feather-bed to spare make your pillows at home. Get the best feather ticking, take bees-wax and wax the inside thoroughly. It will prevent the feathers protruding and keeps out moths. Pillows ought to be hung in the sun frequently to air and lighten the feathers. Once a month is none too often.

To empty pillows, rip about six inches at one end of pillow, have ready another tick or pillow-case and sew one edge over the opening of the other. Now work the feathers out into the empty case. It will take some patience, but when done the feathers are all secured and none wasted. Sew the opening together and wash the tick, not turning it on the wrong side. Iron and when *perfectly* dry return the feathers in the same way.

If you have old lace curtains too ragged for use as long ones, take the best part of them, darn the holes, wash carefully and press, and they will wear a long time as sash curtains. Like an old carpet after it is cleaned and repaired and put in place, they look well. By the way, hang your sash curtains on the window-sash, instead of the casing, so when the window is raised the wind will not whip and rot it. If you will loop your long curtains back out of the sun and wind they will wear at least a third longer.

Do not wear kitchen aprons to make beds. Save washing by being careful in this respect. Light calico aprons without bibs are the best for work outside the kitchen, and save one's

L. of C.

dress. Use cotton dresses or short skirts and waists as much as possible. They wash easily and keep one looking tidy. No matter if a woman has everything to do about the house, there is no need of having a dirty house nor being untidy yourself. Clothing will get soiled of course, but with habitual care it will be just as easy to keep yourself and your house clean as otherwise. We once knew a woman who would scrub and clean the house, fix the children and herself almost spotless one day, and the next muss and strew things around, making confusion, where the day before was order. Don't copy after such a woman—don't, I beg of you.

Where there is no bathroom the wash bowls, etc., in each bedroom should be emptied early in the morning, washing and wiping thoroughly, and filling the pitchers with clean water. *These are very important items.*

If baby has wet the bed padding, rinsing might save an extra washing. Hang out in the sun to dry and air. I remember quite well of calling upon a neighbor, who prided herself upon being a good housekeeper; but

the odor from her child's bedroom was not pleasant.

Have pocket bags nailed to your closet doors, for holding shoes or soiled collars, etc. Have a basket or some kind of a receptacle for soiled clothing. Keep it in the laundry or in some suitable place out of sight. Each person should have his or her individual towel, comb and brush, also toothbrush. No mother should neglect these small items. There should be a nail brush in the bathroom or accessible to every member of the family. At times hands, nails and finger ends need a brush to get the grime off. Workingmen, no difference what their trade, might have well-kept hands by using this inexpensive little brush. You can get these brushes, both large and small, with wooden backs, with handles or without.

If, as a boy, your husband was not taught to wait upon himself, now would be a good time to begin. If a *wife* is neat and orderly a husband will soon "fall into line." There are cases in which the husband is the more orderly of the two. Look out, wives! Husbands should have a closet to themselves, if

possible. If that much room cannot be spared then give him one side, asking him to help you that much, by hanging his garments in the closet instead of on the chairs, bed or the floor. A drawer in the dresser or chiffonier should be allotted to his own use. He will not then need to call wife or daughter, to find this or that for him. You may deem this impossible. No, it is not, nor is it too much to expect of him unless business calls are sudden and urgent. We know of husbands and sons who, when taking their baths, get their own materials together *(they know the place for towels, etc., and always find them in their place),* get their own clothing, dress themselves, hang up and put away their several kinds of clothing and before starting out or giving the wife the parting kiss, remark: "Am I all right?" Husbands, try that experiment six months and witness if the parting kiss will not be the sweeter for it. The satisfaction of having left nothing for the tired wife or mother to pick up after them must cause lighter steps.

How about the wife? Well, the wife and mother knows full well if *she* does not set

the example, there is no use expecting the other members of the family to wait upon *themselves.*

To clean hair brushes take a quart of warm water, add a teaspoonful of salaratus, wash and rub between the bristles with the hand or cloth. Work up and down in the water, then rinse thoroughly. Hang up in the sun to dry. Remove the hair from the comb after each hair dressing and frequently clean the comb thoroughly. If you are saving the combings do not roll the hair over the finger. Put it loosely into a box or bag to keep free from dust. Set brushes with the backs up, thereby preventing the dust from settling in the bristles.

Do not make a catch-all of your closets and bureau drawers. Keep them in half-way decent if not perfect order.

# CHAPTER VI

## THE CELLAR AND ATTIC

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### THE CELLAR AND ATTIC

Where there is a cellar under the house, great care should be taken to have it well drained and kept as dry as possible. Keep the dust and cobwebs swept out. Do not leave decaying vegetables to accumulate. If you keep them in the cellar, do not cut the tops and roots off as you use them, leaving the refuse to decay; but rather bring out of the cellar the amount you need and do the cutting upstairs. Keep the cellar well ventilated, for if there be odors they will penetrate the whole house, making it a dangerous place in which to live. In very hot weather the cellar windows should be closed during the day, and opened at night.

If there is a furnace, it will be quite as easy to take care of it properly each day as to let the ashes and other litter pile up before your eyes. It is better and easier to care for a few ashes each day than to have a wholesale cleaning once a week or season.

Then the dust to fly about the house will be less, also making less work for the woman who must clean up.

"The tendency of pipes and furnace flues to fill with soot at this season of the year is so marked, that any suggestion of a convenient remedy for that condition is worthy of serious consideration. A correspondent to the St. Paul Pioneer Press says that zinc burned in the furnace is very effective. Just throw upon the fire a handful of zinc filings, or a piece of sheet zinc as large as your hand, and it clears away the soot as if by magic. Once a week will suffice. Shut the door quickly after throwing in the zinc. Our informant says his family has used this method for forty years, and never had occasion to employ a chimney sweep.

"As the Pioneer Press suggests, this remedy is not expensive. A worn-out zinc washboard will furnish enough of the metal for six or eight occasions. And if you have to buy sheet zinc, twenty-five cents' worth may suffice for a single fire all winter. Even when soft coal is used in hard coal stoves and furnaces, the zinc will keep them open, so

that those who have been unable to secure anthracite will not be seriously inconvenienced by the change.

"If this recipe from St. Paul is all that it is claimed for it, the inconveniences of using soft coal are reduced to a minimum, and its cheapness more than compensates for being deprived of hard coal. If it will keep the chimneys clean, the cost of chimney sweeps, as well as the dangers from fire by burning out, are both avoided."—Des Moines Register and Leader.*

In sweeping a cellar floor, have a pail of water, wet the broom in this, shaking off the water. Your floor will be cleaner and the dust will not fly.

An attic is a boon to any housekeeper. It should have a smooth matched floor, and be kept clean. There the children may play on wet days. It is a grand place to dry washing in stormy and freezing weather. It is a capital place to dry lace curtains. Buy a pair of curtain stretchers; they will soon pay for themselves. To wash lace curtains, or

*The zinc remedy was tested by us this winter (1902-03) and found all that is claimed for it.

any in fact, first shake them free of dust. Let them stand a few minutes in tepid water. Work up and down a few times, then squeeze, not wring out. Now take luke-warm water and plenty of soap and wash them gently on the board, if you must. Wash in two waters. Rinse in clear water. Squeeze the water out instead of putting through the wringer. Next, in a clean water put a little bluing, and for starching put about a quart of clear boiled starch into the blue-water for each pair of curtains. In pinning them on the stretchers put them on straight and pull gently, so not to tear them. They look more like new ones done in this way. If, after drying, there are holes in them, darn or draw together with coarse thread, press the darns with a warm iron, and you will be pleased with the result. Iron muslin curtains on the wrong side.

After the curtains are off, pack the frames together, cover and tie with paper, and set away in some corner. They will be clean when wanted again. I call your attention to this, for if they are left to accumulate dust, in time they will be too filthy to use. I

once saw a pair of stretchers that were the color of an unpainted barn, and owned by a woman who called herself neat. The children should not be allowed to play with the household wares.

While an attic is a grand place for storage purposes, it should not be filled up with old furniture and clothing which may never again be used by your family. Give away or burn furniture you can never repair. If it can be restored to usefulness, then by all means have it done, and save the expense of new. The same with clothing. Make over for yourself and the children anything which can be used; otherwise give it to some one who can use it, or consign it to the rag barrel. Do not leave them for the moths to eat. If garments must be stored, first brush them well, hang out in the sun a few hours, then wrap securely in some moth preventive.

You should look well to the ventilation of the attic. Don't forget the screens for the windows. Keep the windows open most of the time, except in stormy or very cold weather.

When coal is to be put in the bin, throw a

pail or two of water over it while in the wagon to settle the dust; it will save so much dirt in your cellar.

If you will throw a shovelful or two of coal on your furnace fire (in the morning) before shaking it, you will see how much quicker it will come up than where the shaking is done first.

Imitation ground glass—fine for cellar windows: Into not quite a pint of boiling water stir one-fourth pound of gum arabic, and after it is dissolved add three-fourths pound of Epsom salts. Let thoroughly dissolve and apply to the glass with a brush. Let dry and apply a second coat.

# CHAPTER VII

## CLEANING AND DUSTING

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### CLEANING AND DUSTING

In washing varnished or painted woodwork, take clean soft water (the chill taken off) and a little soapy, then with a clean cloth which will not shed lint wash a small portion, wiping it immediately with a dry cloth. By so doing your woodwork will look clean and bright, not dull and streaked, as we often see. Do not wash windows while the sun is shining on them. Take lukewarm water, about a gallon, add a teaspoon of kerosene oil, wash the glass quickly, rub with a dry cloth, and polish with a third, and you will see an improvement in the looks of the glass. Or wash in the ordinary way, then with a clean cloth, dipped in alcohol, rub over the glass, then polish. In washing the outside of windows, be cautious about letting the dirty water drip down on the siding. Take notice as you walk along the streets, you frequently see black streaks under the

windows, caused by the dirty water when cleaning them.

For the walls and ceilings of the rooms, I would suggest getting a long-handled brush, made for that purpose. Whenever you give your rooms a thorough sweeping, use it to brush down the dust. It is surprising the amount of dust adhering to the walls. The paper or tinting will look fresher if the dust is kept off. In sweeping carpets, wet your broom in clean water, shake hard to remove the loose water before applying to the carpets or rugs. Dip the broom in clean water frequently in the course of sweeping a room. If you are careful, it will leave no moisture and will collect dust that otherwise will fly about the room. Remove, or cover with paper, all upholstered furniture or bric-a-brac.

The carpet sweeper should be emptied after each sweeping, and the hair and threads picked from the brush. Sweepings should be burned or put into the garbage, not thrown out to litter the steps and yard.

Take time and pains to dig the dirt and dust out of the corners of the room or win-

dow-sash, or on the stairs. A stick with a round pointed end is handy for that purpose.

Cheesecloth is best for dusting. For highly polished surfaces have the cloth dry; but for the remaining articles dampen it slightly, roll as for ironing, let it remain a minute or two, then shake out and continue. Your work will be more satisfactory. You will undoubtedly need several clean cloths in the course of the dusting process. Before your dust-cloths dry, rinse them thoroughly and hang up; they may be used again before consigning them to the washtub. Use an old piece of silk for polishing mirrors or windows, after washing with alcohol.

A cuspidor is an article not warranted in any home, except in cases of sickness or invalidism. You may ask, "What has that to do with economy?" Just this: It causes a waste of nerve power and a useless expenditure of strength in its care. Whenever I encounter one, however important it may appear to be to have them in cars and other public places, it puts me in remembrance of a little incident which took place in my home. My young daughter, and a friend visiting

her, had planned for a boating trip. The girls were awake early and nearly ready when the word came, "No chance to go today." The young friend, a mere child, looked up with an earnest expression on her face, and said, "E——, do you know any swear word?"

### "CUSPIDORS IN STREET CARS"

"The New York alderman who believes that cuspidors should be put in street cars might better urge that they should be banished from the many public places in which they have secured a lodgment. Spitting may be, as he says, a necessity, but it is also a habit which the cuspidor encourages, and it is both a filthy and a dangerous habit.

"If some years ago the Chicago street car companies had equipped their cars with cuspidors instead of posting notices against spitting, there would have been deterioration instead of improvement. Men who chew tobacco would have accepted the invitation with ardor, and a nuisance would have been accepted as an established custom.

"As it is, public opinion has approved the notices, which are backed by the health de-

partment, and the movement against the nuisance has made very perceptible progress. Although spitting continues, the conditions are vastly better than they were fifteen years ago. The knowledge that there is general disgust at and condemnation of the offensive practice has shamed many people into giving it up, to the ever-increasing gain of cleanliness and decency.

"The cases in which there is really an imperative necessity for spitting are too few to warrant any action which would provoke the growth of the custom under new conditions." —Taken from the editorial column of the Record-Herald, February 9, 1902.

Therefore, be it resolved, that the cuspidor be banished from our homes, and that the absence of such is true economy.

Do not shake your rugs by the end, for it tears and wears the fringe and corners. Better take hold by the side, shake it, not beat it on the side of any surface, then lay it flat on some clean spot, and with a clean, damp broom sweep well but lightly both sides. They will wear much longer if treated this way. If large rugs are laid, nap down,

on clean grass and beaten thus, I think you will find it an improvement over hanging them on the line to beat.

To sweep hardwood floors, take cotton flannel, folded double, cut the shape of a broom and amply large, sew together with the rough side for the outside. Then about one and one-half inches from the folded edge, stitch across, making a tuck as it were. Put a draw-string at the top, draw the bag over the broom, and fasten it well to the handle. This method gathers up the dust so it does not fly about the room. Wash the bag the same as dust-cloths.

Once a month use this dressing on the hardwood floors. For it I am indebted to "Marion Harland." One gallon raw linseed oil, one quart turpentine, one tablespoon salt. Mix well and apply with a red flannel cloth. Red flannel does not absorb the oil like white flannel. This preparation is also good for oiled woodwork. There is no need of washing with water if this is applied. Simply wipe off the dust. This is not good for paint. When cleaning floors or woodwork or applying oil, rub with the grain of the wood.

Paraffine oil, which you can buy at any large paint store, is excellent to clean varnished woodwork. No water need be used if you use this oil. One pint will be sufficient to clean all woodwork of an ordinary sized house or flat.

To clean willow or rattan ware, add one tablespoon of saleratus to one-half pail of water. Clean in the usual way and rinse well, dry, and varnish with a white varnish.

"To Get Rid of Carpet Bugs.—E. W. Waldson, of the Owego Woolen Mills, a practical chemist, informs the Record that he has discovered a compound that causes the death or departure of carpet bugs in short order after its application. It is: One ounce of alum, one ounce of chloride of zinc, three ounces of salt. Mix this with two quarts of water and let stand over night. In the morning pour it carefully into another vessel without sediment. Dilute this with two quarts of water and apply by sprinkling the edges of the carpet for a distance of a foot from the wall. This is all that will be necessary, as they will leave boxes, beds or any other resort they may have chosen, on the

shortest notice possible, and the carpets will not be injured in texture or color."—Owego (N. Y.) Record.

My way of cleaning house: The actual cleaning is left until there is no need of coal fires. But before that time, on bright days when windows may be opened, take the nooks and closets one at a time. Remove everything, brush the walls, and clean the shelves and drawers and floor. Put clean papers on shelves and in the drawers. Sort out clothing that may not be needed, and hang out on the line in the sun and wind any garments that are to be stored away for the summer. Then put back in place all articles that will be required for constant use. Every week add one quilt that must be washed to the regular washing.

Some bright morning, when convenient, take down and wash one pair or so of curtains. Hang heavy drapery, that is not to be washed, out to sun and air and be shaken by the wind free of dust. When brought into the house, fold smoothly and wrap in paper and lay away until the house is cleaned.

When the time comes for the other rooms

to be cleaned, before you begin them have the cellar cleaned. If there is a furnace, have it cleaned; and if any repairs are needed, have it done in the spring. Next straighten the attic, cleaning windows and the floor. After these are done, begin at the front of the house, or the bedrooms if these are on the second floor. Take one room at a time, not upsetting the whole house at once. The furniture should be well dusted before removing from the room, the walls swept down if no papering or other renovating is to be done. The bedding should be put out in the sun and each room settled again before upsetting another one.

In this way your family will scarcely realize that you are "cleaning house."

The heavy draperies should be wrapped securely in paper (after they are well aired and brushed) and laid away for the summer. If the whole or a part of the family remain at home through the hot weather, it will look more home-like to leave the white curtains at the windows. Twice a year dust the window shades. Not by taking them out of their brackets, but get up to them with a

step-ladder. Roll the shade up, and with a clean cloth, dampened as for dusting furniture, wipe it on both sides, drawing down and dusting as you pull. You will be surprised at the dust which will be wiped off and the shade will look brighter for the task.

If you think of painting your house, save one coat of paint by washing it with clean water and a generous cloth. Your one coat of paint will wear better and look as well as two coats.

# CHAPTER VIII

## WASHING AND IRONING

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### WASHING AND IRONING

If there is a laundry in the house, the dread of "wash day" may not be so great. Let me suggest that you have a wood floor instead of cement for your laundry. Cement is very cold to stand on. By filling between the stringers with broken stone and brick or cement, there will be left no runway for rats and mice.

To return to the washing. If the work must be done in the kitchen, and care is taken not to leave the boiler to steam away when not needed (a habit many have), the atmosphere will be much more comfortable to work in. It will be economy to get a copper boiler, as tin rusts, but it should be washed and dried and hung up when the washing is done. If you use gas, the fire need be kept under the boiler only when in actual use. Be careful of the gas at all times. Turning it out directly you are through with it, not leaving it "just a minute," makes the

difference of quite a fraction of a dollar at the end of the month. Do not leave lights burning in any part of the house at any time if not in use.

When it is possible, wash on Monday. But while it is well to practice system in our household affairs, we should not be like the "Medes and Persians," our laws unalterable. It may be best to leave the washing for Tuesday; but if left later, it is liable to interfere with the work the latter part of the week. I have changed my regular clearing-up day to Monday, for the reason that after the family have been at home over Sunday, the house needs considerable straightening. Tuesday is our washday, and the house is in better condition through the week. The washing is done comparatively easy if you have soft water. If you must use hard water, an abundance of good soap is better than washing fluids. Or use borax (pulverized) in the proportion of one-half pound to ten gallons of water. Borax is harmless.

In case you do not keep a maid for general housework, if possible hire a woman by the day. If she is at all spry, she will do a good-

sized wash and all your cleaning in a day. In the summer, when clothes dry quickly, by lending her a little aid she will have time to iron part of them, provided if, as they dry, *you* will dampen them down. They will be ready for her as soon as she is ready for them. In the morning have the boiler over early, so that the water will be hot for her to begin as soon as she arrives. "An hour in the morning is worth two in the afternoon" is a very true adage, especially on washday. Sort over the clothes, if you can spare the time. The table linen first. Should there be berry stains, pour boiling water upon them; the stain will disappear. Remove other stains, such as tea, peach, etc., by wetting with a weak solution of chloride of lime, rinsing well before putting in the tub. Fresh mildew may be removed by soaking in new buttermilk, with a little salt added. These things should be done before the cloth is wet, and while the stains are new. Sweet milk will remove ink stains if soaked while fresh. Repeat several times with a fresh supply of milk.

If stains are obdurate, try javelle-water,

which you may get of almost any druggist.

Iron rust may be removed by wetting in lemon juice and a layer of salt, and exposing in the hot sun. Or buy lemon salts at the drug store and proceed in the same way.

Machine oil may be removed (before the cloth is wet) by rubbing well into the spot a little butter. Wash out with warm water and soap.

After table linen, then the cleanest of the white clothes should be washed. As soon as there are enough clothes washed for the first boiling (not before) see that there is a good fire under the boiler. Have it about half full of clean water, cut into it any small pieces of soap which have accumulated through the week, either in the kitchen or bathroom. Generally this will be enough without cutting into fresh soap.

As you wash each piece, examine to make sure the soiled spots are removed, turn wrong side out and soap well before putting it in to boil. Clothes will be whiter if put into cold water and let come gradually to the boiling, and not allowed to any more than boil up well. And do not crowd the clothes into the

boiler. These will be ready to remove as soon as you have sufficient for the second boil.

Before putting in the second allotment dip out part of the hot water and add cold water and more soap if needed. Do not boil white and unbleached or brown clothes together.

In sudsing the clothes, have plenty of clean water, wringing as dry as possible out of each water. Unless this care is taken, the clothes will soon have a gray or dirty look. I have seen washings on the line, wrung so loosely that the water dripped from them. After wringing clothes, gently shake out the wrinkles. There will be less to iron out.

If you are obliged to use hard water for bluing, then blue the water but little, putting in one piece at a time, wringing it out immediately. Put a pint or less of boiled starch into the blue-water. Do not have the starch hot, or it will lump as it strikes the cold water. Thin the starch a little and put it in the water gradually. It will not make the clothes stiff, but gives them a body, as we call it, so they iron easier and look nicer

when done. It is a good process for table linen.

Caution: Rinse handkerchiefs before putting the starch into the water, for these must not have the least suspicion of starch.

Half an hour or more before you are ready for the colored clothes put them into clean cold water, and let them stand until you are ready to wash them. Wring out of this, and wash them in tepid water, using a good mild soap. Wash carefully and use as little soap as possible. Rinse well, starch not too stiff, and hang out immediately in a shady place. Do not put the dark-colored clothes in with the light ones. Starch summer neckties in very thin watery starch; they must not be stiff. A handful of salt in the rinse water will set blue or black and white goods. If you are careful in washing colored clothes they retain their color until worn out. Then, too, remember when wet the sun fades delicate colors; also that freezing fades them.

Wash black stockings—in fact, all hosiery—in *clean* tepid water, using a mild soap and rinsing in clean water. Water in which white clothes have been washed or rinsed will leave

lint on them. Pull into shape stockings and socks, especially the length of the foot, and in wool more particularly.

Do not wash clothes in water after it has become dirty. Water is usually cheap, and it will pay you to be liberal, for your clothes will be much whiter.

To make starch, take two tablespoons of starch, make smooth with cold water, add a quart of boiling water, add a pinch of salt, and allow it to just boil up. If it boils long, it causes stickiness, and we all know what havoc is wrought when we have sticky starch. If a skin forms on the top of the starch before ready to use, remove it, as that also will cause it to stick.

Flour starch will answer very well for colored clothes. Take a tablespoonful of flour, wet up with cold water (smooth out all lumps), pour over it a quart of boiling water. Let boil well, but do not add salt. Strain through a thin cloth.

Before putting clothes into the wringer, see that the buttons are turned inside the garment; it will prevent the rollers from tearing them off. Again—economy. Use

kerosene oil to clean the rubber rollers of the clothes wringer. Loose the thumb-screw on top, and rinse it well before putting away.

If there are blood stains on handkerchiefs or any garments, put to soak in *lukewarm* water, let stand a few moments, wring out, soap them, and put again into lukewarm water. Let stand in this until ready to wash them. Then wash in the usual way, soap well, fold, and roll, putting them into cold or tepid water (never hot), and scald. You will not mind the extra work when you see how well it pays.

If you have a grass plat, lay white clothes on it to bleach. So also will freezing bleach them. Do not leave clothes on the line after they are dry. I have seen clothes whip in the wind until the corners were ragged. Don't hang undershirts by the shoulders. It makes the shoulders stretch, and that causes the sleeves to be too long. I like the way of putting them on the line from bottom to shoulder, throwing one sleeve over the line. Hang women's drawers by the bottoms; they present a better appearance when on the line.

Keep the clothes basket clean. If pos-

sible, dampen the clothes the night before you wish to iron. They iron easier if ironed the following day after being washed. If left long in the basket, you have those extra hard-pressed wrinkles to iron out. In sprinkling, use warm water and do not get them *wet,* but just damp. If too wet, it takes hotter irons and more time and strength to accomplish the same results.

In folding them down, smooth them as much as possible, then you will have fewer wrinkles to iron out. Try it.

Do not sprinkle shirt waists and negligee shirts as ordinary articles. About two hours before ironing them, take a level tablespoon of starch, add a pint of cold water (the amount of starch and water would be according to the number of pieces to be starched. There should be no starch adhering after the piece is wrung dry), and dissolve *all* the starch. The negligee shirts should have the cuffs and the front piece dipped in the cold starch, wring dry, lay the shirt on the table, and fold the bottom over the wet front, then each sleeve with the cuff laid smooth, fold over again, and roll as tightly as possible.

Treat shirt waists in the same way, with the addition of sprinkling the back and the upper part of sleeves.

Any article requiring extra stiffness should, in addition to having been starched in boiled starch, be dipped in cold starch a couple of hours before ironing. Should any starch adhere to the cuff, etc., take a damp cloth and rub off before putting the hot iron on. Iron the wrong side first and then the right. Any starched article should be ironed perfectly dry, else it will dry wrinkled. When through with the cold starch, let settle, pour off water, let the starch dry, and put it back with the starch.

If possible, bring your clothes-line in after each washing and hang it in its place. You well remember how black it gets if left out long, and it will leave a streak on your clean clothes, even if you try to wipe it off. A bag is best for your clothes-pins. Often we have seen marks on otherwise clean clothes caused by dirty pins.

Flannels and woolen hosiery should be washed in tepid soft water; *never hot, never cold.* They should not be wet until you can

wash and finish them. Dissolve a little pure soap into the water. Squeeze rather than wring them. Rinse in tepid water, a trifle soapy, and just a suspicion of blue. Dry in a mild atmosphere, never freeze them, and press with care, using not a very hot iron, putting a cloth between flannel and iron. Heat and cold, as well as water, will shrink all wool goods.

To keep a white knitted shawl fresh and clean for months or years: As soon as you are through with it, instead of throwing it on chair or bed, wrap it in a clean white cloth, kept expressly for it, and put it into closet or drawer. If it must be cleaned, rub flour into it, let remain twenty-four hours, again rub well, then shake free from the flour dust. Repeat if not clean.

Doilies and center-pieces, especially colored embroidery, should be washed carefully in soft water with a mild soap, rinse in another water, and thirdly in water slightly blued. Do not starch them. Then, instead of hanging up to dry, roll in a dry cloth (an old sheet perhaps), and in an hour or so iron on a soft surface and on the wrong side.

Separate lace pieces should not be starched, but after washing carefully, pin down on a flat, smooth surface each point or scallop, care being taken to straighten and pin the article in proper shape. If the lace is a long strip, fasten a clean cloth around a large bottle and wind the lace round and round the bottle, pulling it even. Do not iron laces treated in this way. If there are tiny holes, darn and press these gently. This is a very satisfactory way of renovating old or soiled laces.

When through with the wash, empty all water from the tubs, rinse well, and with a cloth remove all dirt which adheres to the sides. I have seen tubs with a streak all around showing where the dirty suds had been left from week to week. In summer it is best to leave a little clean water in the bottom of tubs to prevent their leaking. Now we are ready to clean up and put things in their place.

The wringer should be rinsed off, as also should the washboard. I have seen these left with dirty suds on, that has dried so thick that it could be scraped off.

Don't try to lift a tub or boiler with water in it. But rather dip out most of it and avoid the strain on the back. You will have a stronger back when at middle age if you are careful. After using the mop or cleaning cloths, they should be rinsed well and hung up to dry.

If you have a garden or plants and vines, instead of throwing out the suds water, pour it around the roots of vegetables or flowers. It is best not to wet the leaves with it. Soapsuds is a valuable fertilizer.

## IRONING

The ironing-board should be covered with a smooth, thick material, preferably an old flannel sheet folded double. Tack it smoothly onto the board, then over this a clean cotton cloth tacked firmly. The outside cloth can be renewed often, keeping the surface clean. A piece of beeswax or paraffine covered with a cloth is fine to rub the irons on, taking care to clean it well on a paper or cloth which you always have within reach.

Sprinkle a little salt on a smooth board and rub your irons on it. This will help take the roughness off.

In ironing any goods cut on the bias, be careful not to stretch and get the garment out of shape. Hang up each piece as you iron it, so that it may dry in shape and air well. Every-day sheets fold, hem to hem, right side out, fold again, iron hem well up on the sheet, iron the edges smoothly, fold again, and hang up to air. Do you not believe that is time and strength enough to spend on them? If they are for your spare bed, then iron the whole surface. Why not economize on time, strength and fuel in ironing unstarched every-day garments? Washcloths and dusters need not be ironed, simply folded smoothly. If your maid is a good, conscientious girl, it might pay to allow her to economize with the ironing. Table linen and starched garments should not be slighted. Scallops and points on embroidery and lace should first be gently pulled out, then iron on the *wrong* side, which brings out the figure prominently. When possible, iron on the wrong side ginghams, chambray, and any delicate colors.

The fringe of tablecloths, napkins, etc., may while slightly damp (not wet) be combed

out with a coarse comb. Get a coarse comb without any fine teeth and keep it for that purpose.

After all is done and thoroughly aired, take down, fold neatly all garments belonging in drawers, piling each person's by themselves, leaving at one side any that may need buttons or repairing. These should be put into a box or basket, and *kept there* until time can be spared to mend them, of course some time during the week. Do not put garments on yourself, or your children, with rents in them. It is neither tidy nor economical. "Can't take time?" I cannot agree with you. What has been done can be done. If you practice this habit of mending, your husband, your children, and yourself will have the name of being well dressed, and the credit will belong to both parents—the father for providing, and the mother for making that provision go just as far as it is possible.

Put the sheets, pillow-slips, towels, napkins, and tablecloths each by themselves—the fresh ones *under* the pile on the shelf or drawer. The reason for this is so these will not be used the following week, thereby giv-

ing them a rest as we give our shoes. Your dozen sheets, etc., will last longer by this method. Next put each member's underwear, etc., in their separate drawers provided for them. Hang in the closets skirts, dresses, etc. Is it not a great satisfaction when this is all done? Yes, and how pleased each one is to *find* his clean, sweet clothes, instead of running all about the house, hunting for this or that, and perhaps at last crying or scolding because it cannot be found.

Of course the ironing-board, the irons and holders should be put away in their places, not left standing around to make more confusion.

There would be less dissatisfaction if a quiet state of affairs could be found in every home. I am not saying that disorder and extravagance is a prominent feature of divorces; but it is one cause which is apt to lead to it.

"Poor cooking and untidy housekeeping was the underlying cause of the severing of the marital bonds of 400 couples in Chicago last year, according to Ernest P. Bicknell, general superintendent of the Chicago Board

of Charities. The statement was made by Mr. Bicknell before a gathering of students at the University of Chicago. The 400 cases to which he referred were those that actually came under his notice in the pursuance of his official duties. Lax methods of housekeeping on the part of the women formed the cause in each instance, he said, for the desertion by husbands. The wife would then apply for divorce on the ground of desertion, though primarily she was responsible for the trouble. Each of the 400 cases came to Mr. Bicknell's notice through the deserted wives applying to the Bureau of Charities for assistance."—Chicago Daily News, December, 1902.

# CHAPTER IX

## MAKING AND MENDING

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In cutting out a garment, follow closely the directions on your pattern, except that you may find you do not need to leave as much for seams, and in this way save cloth. Be careful that the straight way of the goods corresponds with the straight edge of your pattern. Take thought when there is a right or wrong side, or an up and down to the figure, that you do not cut two pieces for the same side or two sleeves for the same arm. *Be sure to cut the lining and outside goods the same way of the cloth, and exactly alike,* to insure a smooth fit. Be accurate in joining the seams, that they are even. When you sew on hooks and eyes, or make button holes and sew on buttons, see that they are *exactly opposite* each other.

When sewing on buttons, sew through and through the button until the hole is full of thread, then wrap the thread around the button three times, put the thread through to

the wrong side and fasten well. Use linen thread on men's garments when possible.

Do not *pucker* or *gather* a seam in sewing it, and take care to fasten your thread before you cut it, so that your work will not ravel. The fit or hang of the garment depends *altogether* on these points. Do not bite the thread; it injures the enamel of your teeth.

Ruffles should be cut on the bias of the goods, matching the figure or stripe and pressing the seam on the wrong side. In this way it does not require as much material, and the ruffles look much neater. Facings of all widths should be cut on the bias.

If an extra finish is required for fine goods, a straight ruffle may be used. But finish the edge of the garment either with a hem or facing, as though no trimming were to be used. Now take the ruffle, which you have hemmed neatly, hold the cloth in the right hand, and with the left (dampen the fingers a little) roll the edge toward you, enough to hide the raw edge. Take the needle and sew over and over, but take longer stitches than for sewing two selvage edges together. Draw up and make the ruffle the fullness

required. (A third more is a good rule to go by.) Next put the right side of the ruffle to the right side of the goods and sew over and over, not too deep. After the whole is sewed on, turn on the right side and crease down with the thumb and finger.

When the sewing machine runs hard, take kerosene and oil it thoroughly, remove the needle and run it as for sewing. Then with a cloth wipe carefully, removing all the oil and dust. Next oil with the machine oil in the ordinary way, wiping again every part. Before sewing your goods, sew a few stitches on a strip of cloth to remove all oil that may have attached to the needle bar.

When sheets begin to wear thin in the center, sew the two selvage edges together, tear down the middle, and hem the edges. Sheets treated in this manner will last much longer. Sometimes the center is worn very thin; in that case tear off the thin parts before hemming. These will be large enough for a single or three-quarter bed. Or they will make soft diapers for baby.

If towels or table linen show wear, darn even tiny holes, with cotton floss or coarse

thread. The cotton floss is preferable to linen for darning purposes. In all cases and all times, darn and mend, darn and mend. It saves making new. It is astonishing how much longer sheets, pillow-slips, towels, and all wearing apparel will last if a "stitch in time" is taken. When darning, weave the thread in and out as far as the thin spot extends, keeping the stocking or garment smooth over the darning egg.

In mending with a patch, especially on boy's trousers, the piece should be large enough to cover all the thin part. You understand that the patch must be put on the wrong side of the garment. Do not turn the edge of the patch in; cross-stitch it, taking care not to catch the stitches through to the right side. Then turn onto the right side, and if not much worn, darn down onto the patch and press on the wrong side. But should it be worn through badly, cut out all the thin part, making a *square* hole (clip the corners a little), turn the edges in neatly, and hem all along, taking pains to have the corners square. (The square hole makes a

much neater piece of work than the round.) Then press on the wrong side.

Bear in mind this—that darns and patches should always be pressed. Try it, and I am sure you will agree with me. You will see that ofttimes the mending is scarcely noticeable. I often question why some women object to mending. Surely it is no disgrace. Another fact which we have observed, the strangeness of it, too—that people of small means are often more prone to be careless over small things than those with plenty of money.

In pressing seams on new goods, or old for that matter, press on the *wrong* side. If that cannot be done, lay a cloth on the goods before putting the iron on, and look to it that the iron is not too hot.

Never throw anything in the rag barrel that can be mended or made over for some one. There are so many worthy, needy ones all around us, surely you can find some person to use what you cannot. Old thin night-gowns and men's night-shirts should be mended, and for hot weather are much more comfortable than new ones.

When children wear the knees of stockings badly, put a piece of cloth, the color of the stocking, underneath, and darn down on that. If you buy good stockings for yourself, the legs can be made over for one of the children, and they wear and look as well as new. You can buy patterns for making over stockings. Some tired mother may say, "Those who have less to do than I might do such things." I sympathize with these weary mothers. There is rarely ever a mother to be found so tired or discouraged that upon seeing the bright and happy faces of the little ones as they come in from play, will not take heart and with renewed energy do her best. That is all to be expected of any human being—to do our best. "She hath done what she could."

Old carpets that have passed their usefulness as such, both Brussels and ingrain, make nice rugs. Do not, however, put the two kinds together. These rugs may be used in the bathroom, hall, or any place where a rug is needed. Many people of large means use their old carpets in this way. I am aware that all women are not gifted with the same

talents, to the same degree, to any greater extent than are men, one to another. But all have common sense and pride, and with the cook books to help in the kitchen, the woman's magazines and papers, and with an "I will," there are very few women in any station in life who cannot have a neat, happy home. Make it a study to do the best you can for yourself and your family with the means your husband can bring you.

We think it talent not well spent for a woman and her family to be richly or over dressed, and at the same time the home lack comforts. As Samantha Allen says, "Be mejum." Let every member do his or her part, economize, speak kindly, act gently, and the family affairs will run as smoothly as a piece of well-oiled machinery.

Watch the bottoms of your dresses, that they are not muddy and ragged. Brush them after being out in the dust; your coats and hats also. Keep the finger-ends of your kid gloves mended. When you take off your gloves, blow in them, then smooth the fingers out and lay them carefully in your box or drawer. Take off good material from un-

used hats, to be used again for yourself or some less fortunate friend. Clean your rubbers soon after coming in, in order to have them ready for another journey. Wet umbrellas should be set on the handle to drain. If stood on the other end, the iron ribs soon rust and the silk or cloth will rot and tear out.

In the latter part of winter, before time for house-cleaning, is a good time to make over old garments and make new ones. The sewing will then be out of the way and your nerves will be in better shape for the extra work.

Velvet may be made to look like new by holding the wrong side against the escaping steam from the spout of a teakettle, and drawing it along.

Black lace, dip in strong coffee, let get nearly dry, and lay the right side next the soft ironing-board, then lay a cloth over and press. Before perfectly dry, gently straighten and pull out the points and scallops.

Any black goods to be made over may be sponged (a piece of black lining is good for sponging) on the right side with strong cof-

fee. Press on the wrong side and straight way of the goods.

Challie dress goods is excellent and washes beautifully. Wash in soft water *just warm;* do not rub soap directly on the cloth. Use a mild soap, and rinse well. Hang in the shade, and before quite dry press on the wrong side and with the length of the goods.

When washing ribbon, let get dry before ironing. Then it will be soft. But if ironed while wet, it will be stiff.

# CHAPTER X

## BUYING FURNITURE AND CLOTHING

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### BUYING FURNITURE AND CLOTHING

In buying furniture get the best you can afford, but not an expensive piece to the deprivation of another you need equally as much. Let your whole interior correspond as nearly as possible. Avoid gaudy, bright colors.

Neutral tints are best; that is, those which blend with each other. When all is arranged, though not one article may be expensive, there will be an air of refinement about your home.

If you own a piano, close it at night, but leave it open through the day to prevent the keys from turning yellow.

Buy but little upholstered furniture. Should you wish a piece or two, get a material and filling moth-proof, and that will not fade. If you wish leather, get the genuine. Imitation leather is not economy. For some purposes, a couch for instance, French cretonne (subdued colors) looks fine and wears extremely

well. Utilize everything you have in the house. That is, make over or send to the repair shop. To illustrate: A set of cane-seated black-walnut dining chairs became bottomless. What shall be done with them? Send them to the attic? No; figure the cost of real leather bottoms or having them re-caned.

Result: The leather was chosen, and they have been in use fifteen years and still show no signs of wear. If you cannot afford the leather, have new bottoms of some kind rather than buy new chairs. Be on your guard that there are no extravagant expenditures in other ways. You may have been injudicious in the purchase of some article, or even been deceived. Then profit by past experience. I think all of us are troubled with the same failure, only in a greater or less degree—we do not profit by our mistakes as we should. But make an effort, and in a short time you will be able to buy just the things needed and at the time you need them.

There is nothing gained in following the "sales" as we know them. I do not mean to say there is never an opportunity to get a

genuine bargain. Many times there is, provided you go to a reliable house at the proper time; goods may be purchased at low prices that will be just what you need. Do not, however, buy an article just because it is cheap.

Study the needs of each individual member of your family, and each room in the house, and buy accordingly. Select a good article or a good piece of cloth. All-wool goods are cheaper in the long run than part cotton. It will cost a trifle more at the time of purchase, but the color will not fade, and the cloth has a "body" which will hold the garment in shape.

In buying sheeting, get the double width if possible. However, the single width, by overhanding the edges together, will answer very well. Unbleached cotton makes excellent wearing sheets and will soon bleach with washing. Make them amply large. Two and three-fourths yards in length is none too much. The hem should be about one and one-half inches wide, and both ends the same width. In this way either end of the sheet may be used for the head of the bed. The

sheets wear better—economy again. Try the plan of buying a pair of sheets and a pair of pillow-slips each spring and fall, or once a year. You will keep your stock replenished and not feel the expense nor miss the time it takes to make them.

The cotton for pillow-slips should be wide enough so they may be made lengthwise of the goods. They wear much better and iron nicer.

Linen huckaback (not too fine) and Turkish toweling make the best for the bath. For the table get pure linen always when the money can be spared. Double damask pays well for its wearing qualities. *A bargain* is often found in short lengths. Napkins may also be found at a bargain, although the pattern may not match the tablecloth. Never mind that; they will look well and answer the same purpose.

In buying stockings, do not expect to get a good reliable fast black for less than from twenty-five to seventy-five cents a pair. Be sure the foot is plenty long, for a short stocking is fully as injurious as a short shoe. I have known short stockings to cause bunions

or enlargement of the big-toe joint. To get the exact length of the foot, measure around the closed hand over the knuckles—a sure guide for the purchase of socks or stockings for any member of the family.

Small children and boys who are on their nees a great deal ought to have the double-kneed stockings. They will cost probably seventy-five cents, but it will pay you in their lasting qualities. I have seen knee-caps, made of leather, to buckle on when the children are playing on the floor.

Honeycomb spreads are better for every-day use than Marseilles, for the reason they are less expensive and wash much easier.

Comfortables made at home are much better and endure the wear and tear longer than boughten ones, for the reason you can buy better material (some dark color is best) and the cotton can be distributed more evenly and you can tie them closely. The last item is very important, for that will keep the cotton in place. A few neighbors might own together a pair of quilting frames and help each other tie their comfortables.

If thought is taken to use a spread, which

gives a bed a neater look and can be washed as often as need be, quilts and comfortables should not require washing oftener than once in four or five years.

Every spring and fall take all your bedding, blankets, quilts, and comfortables out into the open air. Then take a small whisk-broom and give the mattresses a good sweeping along the edges and where they are knotted together. If possible, take them outdoors, or put them before an open window so that the sun will shine on them for several hours. This process will keep them clean and sweet for years.

In buying shoes, pay a good fair price, which insures a leather that looks well until worn out. For boys a good plan I have found is to get a leather that will wear another half-sole. Unless a child grows very rapidly, it, as well as its parents, ought to have two pairs of shoes. Economy is our plea. When the every-day pair is gone, take the best for common, and get another pair for best. Have the shoe longer than the foot, but be sure it fits snugly around the ankle. When buttons lose off, put more on,

as a slipshod shoe is very untidy and injures the foot.

Vaseline is excellent for shoes or any leather. When shoes dry hard and stiff after being wet, rub vaseline well into the leather. It will make them soft. I had the unfortunate experience of having a five-dollar pair of shoes ruined (at least the beauty) and by the very merchant of whom they were purchased, by putting on what was supposed to be one of the best articles on the market. I read of the vaseline being good for leather, and since then I never use anything else. Rub a little in well and wipe off with a paper or cloth. The leather looks dull at first, but in a few hours it takes on brightness, and for ladies' and children's shoes I would use no other polish.

My advice is, never run a dry goods credit bill. It is surprising how quickly the sum mounts up, and to be in debt causes an uncomfortable feeling.

Quite frequently it happens that a woman has some repairs about the home to attend to, other than the actual household affairs. Unless it is a very small piece of work to be

done, I advise you to see several workmen. Or if you have a certain man whom you employ, in either case let him make an estimate of the cost of the work to be done. This is more business-like and you will more often save money than by the other method of never knowing the cost until the work is completed.

# CHAPTER XI

## ENTERTAINING AND AMUSEMENTS

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When the income is moderate and the family is composed of many members, "entertaining" as the books on "social functions" dictate should be entirely out of the question. Be cautious from whom you receive favors, lest you feel obliged to return that which you can illy afford. Good manners and politeness in men and women never go out of fashion. But there are fashions or fads in entertaining which change so often that it is hardly worth while for us even to know, much less to follow.

In a quiet way we should have our friends, well chosen; to meet them in our home and at our table. We should give them a warm welcome and a cordial shake of the hand, pressing them to accept the best we can afford to give, not vying with them or any other friend to outdo them. Beyond this it is unwise and foolish to go.

If economy is practiced in the whole house-

hold regimen, there will be a little to spare for church and amusements. Not only should we pay for these at times, but there are many free lectures and entertainments of which we should avail ourselves. Take the children with you when they are old enough to understand, and perhaps once in a great while, go to see a "Booth" or a "Barrett." Go seldom, but to see the best *when* you go.

We should go not simply to be amused, but to be educated as well. Life is a school, and we should look well to the choice of our teachers, as well for ourselves as our children. *We* are being trained as well as they, not only for the present, but for the great Eternal Future. A solemn and responsible duty!

I believe no woman who can read should be so engrossed in care of any kind, or pleasure, that her own culture is neglected. She should read at least ten minutes some time during the day or evening, and as much more as possible. When my children were small and seemed to absord all my waking time, I found delight in reading a paper or book during the intervals of work when baby needed attention and I must sit a while to

nurse or rock him. Some may say they never rock baby. Well, if you have the God-given pleasure of nursing your infant, you will find time then to read, and, according to scientific research, your child will receive a benefit as well as yourself.

Have you not noticed that the habit will grow upon young and old alike, if not guarded against, "that the more we go, the more we want to go?" It is my belief, caused from observation, much as it is to be deplored, that the American people are losing their *rest* day. As an American citizen I believe the people of this nation will lose, in the long run, by turning the holy day into a holiday. Each generation seems to be getting more restless, and longing to know what to do next, where to go next. To my mind, all those who have homes should enjoy the restful peace which the day would give if rightfully used.

When the income is small, the mother of a growing family can hardly afford to belong to a "club." The time and money should not be spared. There may be cases, no doubt, in which she could consistently be-

long, and it would be both instructive and a recreation to her. But church societies are, for the most part, all for which a mother can spare time and strength. She should not neglect her family or overtax herself, or go beyond her means, even for her church club. Her obligations do not require it.

I am in favor of clubs for all those who have the time and money to spare. They are doing a noble work. But at the same time you and I know of cases in which the mother is so infatuated with her club work that her family is neglected. Many, if not the greater portion, of the benefactors of the known clubs are women who have passed beyond the age of actual home cares.

A large number are wives or daughters of wealthy husbands or fathers. To those I say God-speed. But to the mothers of little children—there lies your first duty. Your contract is with them. I am not here referring to the progressive euchre parties, or "clubs" as they are wont to style themselves.

No, for these "clubs" lay themselves liable to the law, and I am sure those to whom these pages are addressed would not be guilty

of furnishing their homes with these ill-gotten prizes.

"Chicago, February 15.

"Editor The Tribune.—I never enjoyed anything more than I did the article in this morning's paper entitled 'Autobiography of an Unknown.' Splendid 'food for thought' for the young couples who think of nothing but spending all their earnings, who spend the month's earnings long before the month is up, and oftentimes borrow to meet the current bills, simply to keep up with 'society.' And what does it amount to in the end? Heart-breaks and broken health, not to mention trouble.

"Club life is the ruination of a great many, added to trying to keep up with more fortunate neighbors, envy and laziness being a great factor among the women. A great many have said to me, 'You only live once,' and 'Don't save it for his second wife,' never looking ahead for 'rainy days.'

"I only hope this article will reach the eyes of many young couples who are living for the present only. A Young Mother."

Oh, for a reform in the decollete dress—or the undress! "Is dress material so scarce, then, or must all the money go to the modiste for her skill, and madam run shy of covering at critical points in consequence?"—Chicago Inter Ocean.

Oh, for shame, woman!

Do men admire such costumes? Nay. I'll venture to predict, could a vote be taken (at their home) not on their own wives, daughters, or sisters. If I were a prominent club woman, the decollete dress reform should be one feature of extended work until it was so complete that to appear in such a costume would mean ostracism to the wearer.

Among games of my childhood, and one that should take its place in these modern times, is grace hoops. It is a game not only exhilarating to the mind, but is a muscle developer. If you wish physical exercise for yourself or your young people or the children, try grace hoops. To straighten round shoulders, or strengthen a weak back, this game is most beneficial. A player soon acquires grace and agility in every movement.

The game requires two hoops and four

sticks (made gradually smaller at one end), although an expert player may be able to handle two hoops. I remember well how we used to vie with one another to see who would own the prettiest hoops. They are made smooth, then wound with ribbon or any soft material.

The game: Before beginning, decide upon some number to be attained. Two or more persons may play (if they are well in practice), each owning one hoop and two sticks. With beginners only two should play. Stand a reasonable distance apart, take the hoop upon the end of the crossed sticks (the small end); each tosses her hoop and at the same time looks up to catch the flying hoop. To catch the hoop scores two points; but if it falls to the ground, takes off three. The player who catches the hoop the larger number of times wins the game. If one can toss the hoop so accurately that it flies over the head of her opponent without having touched the sticks or her head, wins the game, no matter what the score of either may be.

Grace hoops is not so simple a game as one might imagine. One advantage, too, is

that it requires no especial costume. Only allow the arms and waist full freedom. If you feel languid and stupid or the children are tired and fretful, call for grace hoops.

# CHAPTER XII

## OUR CHILDREN

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The subject of children is inexhaustible. But as they are a commodity which help to make up the economic necessities of our households, this little volume would be incomplete were the little creatures overlooked. It is not my purpose to define the height, depth, and expansion of an endless subject. I shall try but to point out a few duties as I see them in relation to our children in the economic line of time, strength, and money. This I can truthfully say of my own experience—the care and rearing of children is a task and pleasure not lightly to be assumed.

When they come to us, tiny, weak, and entirely dependent upon us for food, raiment, and training (the most helpless of God's creatures), we have a responsibility which needs the grace of God in our hearts to carry on properly.

Parents should make a study of their children, mothers more especially, as regards the

food they eat. For does it not depend largely upon that taken into the stomach what degree of health they enjoy—and in turn what kind of bodies they acquire when men and women?

Tea, coffee, and beer are not suitable liquids upon which to build tissue. *Pure* milk, as a liquid food, will make a strong, healthy boy or girl. Give them plenty of ripe fruit, but little pastry (none at all were better) and less candy, is my advice.

After children are old enough to eat a hearty meal, it is better not to allow piecing between meals. They will soon learn to wait, and the digestive organs are the better for the rest. Good judgment must be used, however; it might be best to allow them a little. But you and I have known children to eat at all times, and eat anything and everything for which they took a notion. It is not doing them a kindness to permit it. If they must eat, a piece of bread and jam or butter or an apple, either baked or raw, according to age, is better than pie or cake.

At the table they should sit quietly until they can be waited upon. Begin with the

first one and early, then the next in order, and they will not reach across the table to help themselves, nor be rude and noisy. Why should they be allowed to act unruly? They should learn table-manners very young. If the parents cannot subdue them "more's the pity." Teach them to use the fork instead of the knife to convey food to their mouths, and to be careful about spilling their food onto the napkin. It will take a little time and patience, but they will learn in a short time.

Children should be neatly but plainly dressed. Too many tucks and ruffles take time to make, and strength to wash and iron. The child is no better for being overdressed, and if she is, vanity is often the result. Some of our richest people are the most plainly dressed. It is my opinion that children should be allowed to play on the street but very little. It is a dangerous school. They should have a few well-chosen playmates; but care should be taken not to allow these to play together too long at one time.

If you have a shed or barn, allow them to play there at any innocent games—trapeze,

stilts, a swing, etc. Give them a work-bench, with saw, hammer, nails, and a jack-knife. It is more economical to buy these few individual tools than to get a child's set. Generally these sets are inferior material, and more articles than an ordinary boy will use. Let him build boxes, boats, kites, anything his fancy dictates. It will surprise you some day when you visit his work-shop to see how straight he can saw a board in two, how true he can drive a nail. In a few years he will be quite useful in and around the house. The exercise develops the boy's muscles and ingenuity and fills his time pleasantly.

When he becomes a good-sized lad, teach him, if he begins a box, or whatever he designs to build, to *finish* it to the best of his ability before commencing another article. The reason is obvious. Teach him to gather up his tools, putting them in their box, where they will keep dry, and be ready for another day's pleasure. Teach him also to sweep together the chips and shavings. This can be brought into the house, put into the wood or coal box for kindling the fire.

Let the girls learn to use the hammer and

nails. I have found it very convenient in these long years of experience to be able to handle the saw and hammer and not pound the fingers. Yes, I do not wonder you laugh, for most women hammer their fingers more than the nail. For that reason, I say, let the girls learn to handle the hammer.

While your children are little mites, don't wait "till they are older," as we have heard mothers say; but begin early to teach them to pick up and put away their own playthings. Assign to them a place to call their own, a room in which to play, if it can be spared. To those who have never tried the experiment, you can scarcely realize how young these dear little girls and boys will learn to pick up their things and wait upon themselves. Have patience, mothers. The satisfaction of having a tidy room when it is time to get dinner, with no confusion about, is worth to the tired mother all the trouble she has taken to teach her little ones order.

Bear this in mind—the mother *must* practice that which she would teach, if she wishes to instill in her offspring the early traits of neatness. Be honest and true, and do not

deceive your children. They are great imitators, and when you least expect they have followed your example. Should you tell them a falsehood, they know it just as well as you. Do not tell them you will whip if they do so and so unless you have thought the matter over, and are *sure* a whipping is the only punishment that will fit the case. If you say you will whip them, then keep your word. I am quite of the opinion that whipping should be resorted to rarely. Sending to bed for hours when they "do want to go somewhere so bad," or withholding some gift or pleasure, does not inflict bodily pain, but the child will not soon forget it. Unless your child is an uncommon one he or she will grow up to be honest, if not deceived by older people.

Decide upon some place where the children may hang their hats, caps, and coats, and insist that they *always* hang them in their place. Do not, "just this time," allow them to throw their wraps on the floor or chairs. I wish to emphasize the above sentence, for the orderly habit is as easily formed as the disorderly, and it saves so much con-

fusion and work. Teaching these girls and boys to wait upon themselves and take care of their clothing is not nearly as trying on the mother as stooping to pick up after them. Then again, it will make self-reliant men and women of these same boys and girls. As early as possible, give each child a separate room, allowing them to decorate it to suit their own inclinations. I advocate separate beds for each individual member of an household, provided the means will warrant. It is more healthful and satisfactory in many ways. Young children should not sleep with old people.

There should be a closet or wardrobe off each sleeping room. If these are not to be had, then a row of hooks might be used, covering with a curtain, to keep the clothing free from dust. A set of drawers in each bedroom, or even a trunk or a box covered neatly, and with hinges on the lid, will answer very well to hold underwear, skirts, collars, cuffs, neckties, etc.

A nice and useful birthday or Christmas gift for a man or boy is a combination collar and cuff box. They will appreciate such a

present. Insist upon each member hanging up and putting away every garment he takes off or uses. When taking off clothing, hang it up immediately instead of laying it down, then at another time picking it up, handling it twice, when once would suffice, is using up extra time and strength. Even does one keep a maid, each member of the household should be taught to wait upon himself.

Let your children sleep in the morning as long as you know it is right to allow, then when they are called *insist* upon their rising and dressing immediately, and be ready for breakfast at the last call for it. The lagging in the morning of different members is a source of great annoyance, both to mother and maid, if there be one. The morning hours are the best in which to do any work. Again I say, habit will do so much for these boys and girls, that when they grow to be young men and women there will seldom be the need of chiding them on the point of early rising. Generally the family should retire early, especially the children. Oh, for the curfew bell!

The early night hours are the best for

building up waste tissue and putting paint in the cheeks.

Every child should be given its own towel, toothbrush, comb and brush and a certain place to keep them, and they should not be molested or removed from their place. Children will learn very young to clean their teeth. Give the toothbrush to the child before it can really clean the teeth. By the time it can clean them properly it has learned its use and how to handle it. We are too apt to neglect young children's teeth. It is economy to watch and put them into the dentist's care early if necessary. Children will learn to take pride in their teeth as well as their hair and clothing.

A good tooth powder: Two ounces of powdered chalk, one ounce of orris root. Mix well.

Salt is a good dentrifice. It hardens the gums and prevents the forming of tartar, the bane of good teeth.

Frequently the second tooth will present itself before the first tooth is out or even loose. When I was a child an upper second tooth suddenly protruded itself and in alarm

I showed my father the offender. In less time than it takes to tell it he had the first tooth out. He then instructed me how to press down on the tooth and in a few weeks it was in its place and as straight as the others. You may be sure that if the first teeth must be pulled to make room for the second ones the last teeth will be good teeth and if properly cared for will last one's life-time.

My experience is that the best time to bathe small children during the cold months is in the afternoon and not directly after a meal. Dress them and let them have a frolic in the house. Do not allow them to go out in the cold air after a bath. Some mothers bathe their children and put them directly to bed. I have found that they take cold more readily when this is done, for the reason that the blood does not circulate freely after a bath, unless they exercise well before lying quietly in bed. Children old enough to bathe themselves are exercising during the bathing process, hence are not liable to feel the change.

Adults, in fact, if not strong and robust, might heed this advice with profit.

Should a fly or an insect of any kind get into the ear, pour a teaspoonful of warm sweet milk into it and the fly will come out.

If the little ones are ill do not show signs of worry and anxiety in their presence. It but aggravates the situation. A mother may ward off nervousness on her own part by exercising *will power*. In your own case as also the children's laugh off the notion that every little ache or pain means something serious. Many times imagination makes "mountains out of mole-hills." At the same time, unobserved, watch the symptoms complained of and talk as little of sickness before them as possible. Oftentimes some simple remedy is all that is needed.

If a mustard poultice is needed in a hurry wet the mustard with the white of an egg. It will not blister. The small, ready-prepared mustard leaves are very convenient to keep in the house. They can be found at any drug store.

The ear is a very sensitive organ and must be treated carefully. I will give a little experience of my own in the hope that it may be the means of relieving others who may be

like afflicted. It may save the expense of a doctor. I am well aware that people of limited means cannot call a physician for every ache or pain. One morning I awoke, and, to my surprise, could not hear distinctly. I rubbed the ear, thinking to give relief in that way. But it did not. The day passed and still I could not hear. I said nothing to the family, but was myself beginning to feel alarmed. Several days passed with no relief. I put my little finger into the ear and shook it as we sometimes do when there is a tickling sensation. The end of the finger was quite moist. Still I could not hear, and began to think I should be obliged to see a doctor. The ringing in my ear was annoying. I tried probing by inserting the round end of a long slender hairpin, very gently of course. After working carefully for about an hour I extracted a piece of earwax as large as a small bean. Of course relief came instantly. What caused the accumulation is left for ear specialists to tell.

If troubled with chilblains take the skin off leaf-lard and bind around the toes and

heels. Wear it day and night for a while, then only during the day.

Boys should have a shoe-blacking outfit and be expected to keep their shoes in order. Get the boys as well as the father slippers for the house, for they will not only be less noisy, but their price is more than saved in the wear of carpets and rugs.

If you can arrange to do so give children certain work to do, and insist upon its being done at the right time unless there is a very good reason to excuse them. Boys can bring in wood, split kindling, weed in the garden, go on errands and even wipe dishes.

"If I had to choose the form in which I would live again," Bismarck said, "I am not so sure that I should not like to be an ant. You see," he said, "that little insect lives under conditions of perfect political organization. Every ant is obliged to work—to lead a useful life; every one is industrious. There is perfect subordination, discipline and order. They are happy, for they work."—"Personal Reminiscences of Prince Bismarck."

The girls should be taught to do *all* kinds of housework, and by degrees make them-

selves generally useful. Why should they not? Not alone, that the father and mother need their help, but they should learn to be industrious, so as to fill well their place when they go out into the world. I believe it is not doing justice to the *woman* to let the girl play and "have a good time," as some mothers say, until she is grown, to the neglect of household training. Too late, then, too late.

BLAMES HER MOTHER

"In a small town where household knowledge counts for something, a young minister's wife, who had recently begun her duties there as her husband's assistant, is entirely ignorant of everything connected with domestic affairs. If the maid is ill or off for the afternoon she must take her meals out, for she does not know how even to make a cup of tea. She had never dusted a room up to the time she was married. 'It is all due to an over-energetic mother,' she says. 'My mother has always done everything at home, and she was so thoroughly capable that I have never been asked to do anything, and now I feel that I have lost something I can never re-

gain. I almost feel as if I could blame my mother for leaving me in such ignorance.' "
—From the Chicago Daily News, October, 1901.

I know a little six-year-old girl, who for two years has helped her mamma in many ways. She could dust, clean any article within her reach and was so dainty and careful. The mother had a table upon which she spread choice souvenir cups and saucers of delicate china, but the little lady would wipe each piece and handle them as carefully as a woman. And the pride she takes in the task is pleasant to see. If children are allowed they can do many things to help, and they are proud of it.

The better way is to keep children busy, either at work or play. Teach them to make a business of whatever they are doing.

Mothers might have a miniature kindergarten at home. For instance, when the little tots cut paper don't let them cut just for the mere sake of cutting. Show them how to cut straight strips, then squares and round pieces; or, in other words, have an object in

view. The same when you give them tooth picks show them how to build something.

If you can procure clay let them make not only the mud pies of every adult's childhood, but show them how to model a cow, a dog, or a doll, etc. In short, let them aim to make something. Keep them busy—keep the boys and girls busy—keep the youth and maiden busy, and it will come so natural that the man or woman will be unhappy if not busy. If the boys are busy (they might play ball and still be busy) they will have no time or inclination to tease the baby or the little sister. I have seen brothers do this, and they thought it smart to domineer over the inmates at home. Do not tolerate this state of affairs if you wish them to grow up true *gentle men.*

My boys used to make balls with twine by winding it very tight and taking leather from an old shoe for a cover; it made a tiptop ball. It occupies their time and saves their pennies. If a child tires of a toy or book put it out of sight for a few weeks or months, it will then be to them as good as new.

Having Sunday playthings or books—something extra for that day—for the child

to look forward to, has been known to work wonders for a gloomy Sabbath.

There is a charm in a good, generous blackboard. The children will while away hours with crayon and board, drawing pictures, writing and figuring. It is a source of much instruction and amusement, both for the little and big boys and girls. Indeed, I have seen the older people enjoying a leisure half-hour with crayon at the board. The blackboard is always new. In our own home was one, five by two feet—one solid board. We bought crayon by the box, which will last a long time, if you insist upon the children using the small pieces before getting a new one. They soon learn economy in this way and they will be just as happy.

For the school children to use at home, cut clean, smooth wrapping paper (such as comes around parcels) into sheets, for them to figure and scribble on. It saves buying tablets for that purpose. Buy good lead pencils by the dozen, dealing to each child as they need, not before. Because there are more in the house is no reason they may be wasted.

In buying presents for the older children

useful things are best—books, for instance, provided they are good moral works. Funny tales and true will make a variety and change for them. In many cases children have too many toys. They ought to take care of those they have, and when they are actually tired of them give them to some child less fortunate. I recall a visit I made to an attic in company with the owner, and there was scarcely room to step without treading upon broken toys of almost every description. And still her children clamored for more. The more they had the more they wanted. Never satisfied.

Again I have seen children contented and happy with but few boughten toys and amusements. Have plenty of picture books and reading for yourself and the little folks. "Babyland" and "Little Men and Women," were monthly visitors in our home as early as the boys and girl could hold a paper to look at pictures. Then a little later on "St. Nicholas" and "Harper's Young People." Then came the "Youth's Companion," which greeted both old and young for nearly twenty years. Our stock of reading matter was in-

creased as the children grew older and we could afford. As long as your children remain at home, choose their reading for them —choose with care, for "As the twig is bent so the tree inclines." Remember, your children are now building *character*. See to it while you may, that the material is the best you can furnish. It will be a comfort to you as they go from you into the world, that you have done for them the best you knew.

As you gather around the evening light allow one of the children to read aloud. In an incredibly short time you will notice an improvement in the tone of voice, pronunciation, etc.

I well remember in my father's home just at the opening of the Civil War. Every evening our father expected one of us to read the daily paper, while he rested and the other members of the family were busy in various ways. In this way we became better readers, and, although we did not understand some things we read, yet we feel we knew more of the doings of those times than we could had we been allowed to fill up our time at our own "sweet will." Habits formed at this age

are usually lasting. So it behooves a parent to sow the seed carefully. Boys and girls wisely trained from babyhood will have no "wild oats to sow."

In their own home is the place for children of tender age when night comes on. Take double care of your boys and girls at the age of from twelve to sixteen years. A case came under my own observation. A lad about fifteen came to his mother (the father was from home at the time), saying: "I want to go out with the boys to-night." "Where do you wish to go, my son?" the mother asked. "Oh, they go to the depot and around town," was his reply. "Whose boys are they?" again inquired the anxious mother. "Mr. B. and Mr. D.'s boys." "Why do they go to the depot? Do any of them expect friends?" was the mother's next question. "Oh, no, they just go to have a good time," was the son's answer. "My son, I cannot allow you to go for any such purpose," was the mother's reply. A little out of patience the boy said: "I don't see why I can't go out after dark; the other boys do." The mother had this to say: "You may 'go out after dark' if you have an object

or purpose other than just to 'have a good time with the boys.' " It may seem a little hard at the time; but, my dear mothers and fathers, be firm when you know you are in the right and it is for your child's future good. Many a boy at that age has been ruined by "going out" with the boys to have a good time. That boy is now a prosperous business man in one of our large cities, and a domestic man.

My advice is, choose as far as is possible your boy's companions. This calls to my mind an incident which took place in an excellent family that I knew very well, and shows how unwarranted and easily parents may be deceived. The son, a youth about sixteen years of age, seemed to enjoy the company of a bad boy. The father, out of the charity which possessed his soul, thought his own boy would have an influence for good over the bad boy and allowed his son considerable liberty. In not so very long a time the good boy was missing one morning. To the consternation of the indulgent father, the fact became known that the son and the bad boy, with others, had been into mischief of a

grave nature. Whisky was the foreign element which entered into their "good time."

Upon investigation it was found that the good boy had not only been away *that* night, but had slipped out quietly after the family were in bed, a number of times before. The father's conclusion was, as many parents have found to their sorrow, strange as it may seem, that frequently evil is stronger than good. Drastic measures were used just in time, and the good boy was saved. He is now a grown man, honorable and true. The bad boy? Bad still.

Teach the boys to sew on their own buttons. "Oh, I can never be bothered," I hear you say. In answer, I say, try it, please. That very boy may some time be placed in an awkward position, when he will thank his mother for teaching him how to handle a needle. Then, again, that little knowledge may save you, when you "do not see how you can spare the time" to even sew on a button. I could point to a family of several boys and the father who never think of asking the wife or mother to sew on their buttons (and from no mercenary motive), although the mother

frequently does it, yet she is not obliged to do so. Some of those boys are married and have carried that useful art into their own homes. Does it make them effeminate? Not in the least. But rather makes them more thoughtful for their wives, mothers and sisters.

On the other hand, a contrast to this is not rare. An only son, brought up by his mother to be as any one might suppose a model man. True, while he was gentlemanly to a degree and polite to a fault, when in society, at home he simply would not wait upon himself. No, not only would he not gather his own scatterings—papers, etc.—but he seemed to delight in strewing things about for others to pick up. It appears to me that the early training had much to do with the later life. So, be on your guard, mothers, that while you teach these dear ones to help each other, be obliging and gentle one with another, you also teach them not to impose upon you or the other inmates at home. Wives and husbands should not impose upon one another.

Take notice with me, if you will, among your neighbors and friends, that a domestic man is as free from bad habits and vices as a

domestic woman. Mothers, you can make domestic *men* of most of your sons. But, at the same time, you must not fail to make domestic women of your daughters. Girls should be expected to take upon themselves a portion of the daily household duties without begrudging the time spent.

Is it not her home until she gets one of her own, and should she not be interested in everything belonging to it? I will admit that the mother is largely to blame if the daughters are not more interested in home than they are in the golf links or the tennis court, etc. There is liable to be a weakness on the mother's part, who has been obliged, perhaps, to toil and economize, to cherish the notion that she must make it "easy for her daughter." In so many instances they are indulged in dress, in freedom of actions, in keeping late hours and in going and coming as they please.

The mother denies herself and sacrifices in every way that the daughters may "have a good time." The result is often proven that the "good time" in youth is a detriment to the woman. The time comes when she in

turn becomes a wife and mother in name; many times not in the true sense of the word. Frequently making an unhappy and miserable home for somebody's son.

Of the two, I believe that the rearing and training of daughters is of more importance, if possible, than the sons. Neither should be neglected. But I know, and you have observed, that many wives have and can almost alter the early training of a husband. There are cases, of course, in which it cannot be done. With this thought in mind, I wish to impress upon mothers and fathers (more especially mothers) the great necessity of educating our daughters for wifehood and motherhood.

If possible (I know it is hard to do so in these times of madrush for pleasure and ease) impress upon their minds that housework is the best gymnasium they could enter. There are different kinds of work about the house that embraces the whole grand "Delsarte" movements. And while it is not pleasant to have too much of it, I yet agree with the late O. S. Fowler, phrenologist and physiologist, that "the different kinds of housework de-

velop every muscle in the body." We cannot but believe that if mistresses would take a certain amount of work upon themselves each day, even changing work with the maid, they would have better health, be happier and find less to complain of in the hired help.

In a family of several daughters it is their custom to change work, one doing one part one week, another another part and so on. Thereby, not only turning off the work which must be done, but getting the different exercise each one needs and at the same time learning to do all kinds of housework. If we do not make hard work of it or overdo housework is pleasant.

It is my opinion that the servant-girl problem will be solved, *not* until the women of well-to-do families are willing to return to a less extravagant way of living and devote less time to recreation and society. It is not an uncommon occurrence to see women and girls more fatigued after a season of recreation than they would be at home helping with the ordinary household affairs. Recreation is all right in moderation. From observation, I take it that there is not an average

of more than one man in fifty (in society) but would much rather be hidden in Yellowstone Park* than don an evening suit to attend *a dinner!*

For girls I should like to see the lost art of sewing revived. Why do I call it the lost art? Simply for the reason that we have so few good sewers among our women and girls. Sewing machines? Yes; you can lay the blame to that useful friend, the sewing machine, if you like. But it is my opinion that the trouble lies first in the fact that mothers "have so much to do" or think they have, that they bestow little or no time in teaching their girls *how* to sew.

Little girls sew on doll's clothes; that is all right as far as it goes—but do they learn to sew in this way? I am afraid not. Their sewing is mostly basting. Would it not be wise to revive the old-fashioned bed quilt? What! Cut cloth, to sew together again? Yes, just that. If you teach your little girl to sew pieces together for a quilt, sewing

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*At this writing President Roosevelt is sojourning in Yellowstone Park.

over and over, they will learn to sew better than any other way I know. Then, too, a thin quilt, with a white spread, makes all the covering one needs during our warm weather in the north. A quilt is easier to wash than a comfortable or blankets.

But the greatest merit of the quilt is, the little girl will learn to sew more evenly and true by practicing on these blocks. And the encouragement is to see something grow under her fingers and eyes. It is also a good exercise for a nervous child if you can once get her interested.

Girls would do well to learn to buy goods, their own dresses, for instance. Tell them that figured goods is not as economical as plain. But if they wish figured material there should be no "up or down" to it, for it then cuts to better advantage. Two-faced goods or both sides alike also cuts to better advantage. Both boys and girls should learn the value of money, not by giving them a certain amount of pin-money to be used as they like. No, for their judgment is immature. Nor do I believe a child should be paid in money for every errand or chore done. There are

instances, of course, when this is admissible.

But rather allow them the responsibility of buying for themselves some book, some wearing apparel. Take them with you on a shopping tour, let them see and handle the goods, handing the money out to pay for the purchase. Let them count the change returned, both for their own instruction and the merchant's sake. Children will soon learn to buy goods and handle money with safety.

I remember well the first time I instructed my son, then a lad of ten years of age, with money to buy a number of articles. We "paid as you go," so I handed him a ten dollar bill, cautioning him to count the price of the several goods and bring me the change. When he returned I watched with some curiosity, but he came in with an air of self-confidence and the correct change. I never after that doubted his ability to manage in a small way, and as he advanced in years was rewarded by seeing him a thorough business man.

A motto for the girls or young ladies is: Look well to your associates, both male and female, and be modest in manners and con-

versation; not prudish, but real genuine, old-fashioned modesty, in the presence of each other and especially before men.

For girls and women to cross the legs is not modest nor ladylike. On the other hand, it is an injurious habit.

Try to instill into the minds of both boys and girls the importance of knowing their own bodies and to care for them as "immortal bodies," which to abuse in any way means punishment in aches and pains and regrets. Throw down the barrier—false modesty. Raise the standard—Health versus Economy!

A great responsibility? Yes. But you and I have taken it upon ourselves; shall we faint and shirk our duty? No! No! Then let us lean hard upon the staff held out to us, and in our heart breath this prayer: "Help us, Divine Spirit, or we fail in this life task."

If I could live my life over, having the experience and somewhat more knowledge than when young and was the mother of a baker's dozen (more or less) of boys, they should all be circumcised when infants. It is then a very simple operation; and even at any later

time it is attended with but little inconvenience, and brings cleanliness and many other advantages.

May not its absence be the indirect cause of a large per cent of the crimes committed? If you are the mother of one or more boys consult your physician on the subject. It would be economy in a broad sense.

Children and young people should have their pleasures, but at the same time guide them and counsel with them, for they are inexperienced. A father once said to the writer: "My daughter is fifteen years old and wants to go to parties. I tell her she may go, but *I* shall go with her. Boys are rough and bold. I know what they are; they are not to be trusted."

While I agreed with him that it would be a most fatherly and consistent act to do, yet I was sorry that he felt so untrustingly of boys in general.

My reply was this: "There are innocent, trustful, manly boys—so I have found in my girlhood and young womanhood days and later in life. But I want to ask you one question: 'Are all girls to be trusted?' Show me

a young man and I can tell you what manner of young women are his associates."

It is my candid opinion that boys and girls, or even young people, need very few parties to insure them a pleasurable existence. A few chosen friends, with whom to exchange social calls and visits, good books and papers, with a few amusements, will pass their *extra* time pleasantly and profitably. In these days we are surfeited with pleasures and lack time for quiet, serious thought.

I once heard a young woman say: "I went to Miss G.'s party, and while there met and danced with a young man I would not dare to invite to my father's home." It reminded me of advice once given by a father to his son when leaving home: "My son, remember this: If you find yourself in questionable society you are not obliged to remain in it." So I say the same to young women or even older people. As soon as possible leave the presence of those you cannot bring face to face with your dearest friend.

Pleasures cost money, and we often see those who spend their father's or husband's means with an air of "There is plenty more

where that came from." That isn't right, do you think so, reader?

Do not expect more of your children than you practice yourself. If you find in dealing with a child that you are in the wrong acknowledge to him that such is the case, with an explanation that seems advisable. Then tell him you expect the same of him should he be at fault.

Do not allow children to cut and mar woodwork, be the house ever so old. It is not right, for two reasons. First, one has no right to destroy property. Second, the destructive habit is easily formed in a child. So, beware of beginnings.

There are people who have a habit of reading in a reclining position. Do you realize the danger of injury to the eye-sight? I once knew a German teacher in one of our eastern universities who became *almost* blind by that habit. She told her physician that for years she had studied and read in that position. Try sitting with the left side to the strongest light. In a short time you will notice how much longer you can read without tiring the eyes. Give it a trial.

If the eyes ache from any cause fill a tumbler brimful of hot water (a few applications and you will be able to bear the water quite hot); hold over a basin; close the eye and lay it into the water, first one then the other, holding them in the water as long as you can have patience to do so. Five minutes is none too long. This will rest the eyes and strengthen them. Salt added to the water is beneficial. Each night rub camphor behind the ears and on the temples, as this will help to strengthen them.

Common salt has many uses aside from seasoning food. Added to water it makes an excellent gargle for sore throat. Heated very hot and put in flannel bags and applied to the seat of pain answers very well in lieu of a rubber water bottle. For mosquito bites salted water is very soothing.

For a bee sting or a snake bite wrap immediately in mud. Mud is an old remedy used by our North American Indians.

Should your child be subject to the croup avoid an east wind. Croup is to be dreaded, hence the necessity of great care. A croupy cough must not be neglected. It usually lasts

three days and is worse at night. A good remedy to always keep in the house is goose oil. Not the grease that oozes out of the carcass, but the leaf-fat which lies on either side-back of the goose. Render the fat from this and strain into a clean dry bottle. Keep well corked. It will keep sweet for years.

When the child coughs croupy give it goose oil and molasses (not syrup), equal parts, warmed a trifle, enough to make a scant tablespoonful. If a very small child a teaspoonful will be enough. Rub the chest with the oil and over that a few drops of camphor (do not mix the two together), covering with a flannel cloth well heated. Rub the oil well up on the throat. If this remedy is resorted to on the first appearance of the cough it will seldom need stronger medicine. However, do not neglect the croup; but send for your doctor, if the child grows worse. When baby has the "snuffles" goose oil rubbed over the nose will give relief. Goose oil is very penetrating, hence the speedy action.

Another quick remedy for the croup: Lay a small lump of alum on the hot stove. When

it stops bubbling remove and with a knife pulverize it. Take a level half-teaspoonful of the powder and a teaspoonful of molasses. Mix well, give half of this and in one-half hour give the remainder.

Spirits of camphor may be made at home and is cheaper than to buy it prepared. Have a bottle which will hold a pint or more and keep it for that purpose. At any reliable drug store get one pint of pure alcohol and ten cents worth of camphor gum. Put these together. The alcohol will absorb only a certain amount of the gum and it will not hurt if some remains in the bottom of the bottle. More alcohol may be added after a portion has been used. Do not allow the bottle to become empty, for camphor is a household remedy, to be used in sickness, such as faintness, headache, sprains, etc.

If your child is a very uneasy one—troubled with a sort of nervousness—more properly speaking, a habit of unrest—try having him sit still (or the rest cure). Yes, actually sit still. I knew a boy of about seven years who seemed never to be still unless asleep. The mother had often wondered what she should

do. She finally tried the sitting-still remedy. One-half minute the first time. One minute the second time. Gradually increasing the time to five minutes. It seemed long at first, but it was a beneficial experiment.

Accustom your children to sleeping in the dark. It is more healthful for everybody and more economical. A child should not be allowed to destroy books and papers. How often we see this done, in otherwise well-regulated households.

In the case of excessive bleeding at the nose, grate dried beef (the drier the better) and stuff the nostrils full. This remedy can be vouched for by the writer as having been used in the case of her own two-year-old child. He had been out in the hot sun bareheaded. We tried many remedies several grown people had mentioned, and the child lay limp and exhausted on her lap. At last Dr. Gunn's book was consulted, and as soon as the dried beef was used the bleeding was stayed. We used the stump after the good beef had been cut off.

There are two words, with their definitions, which ought to be hung in every home. Punctuality and Procrastination. The keep-

ing of the first and the avoidance of the latter would decrease the necessity for economy.

Children should not only never be late to school, but they should never be late to church nor Sunday school, or to any appointment. Parents ought to set the example, and unless something really unavoidable occurs they should be expected to keep promptly any engagement, no matter how trivial. Were I a minister or presiding at any meeting I should begin on time, if I had but one for an audience. If punctuality were enforced while rearing our children there would be but little trouble on that score when they are adults.

Procrastination is another hindrance to the success of both men and women. If every girl and boy were taught to do everything when it should be done, there would be less worry and confusion in the home and in the office. For the children's own good keep them with you as long as possible. It is safer for them and more economical in the end. If you do the *very* best you know while they are with you and they go wrong after leaving home you need not blame yourself.

If one parent undertakes to correct a child the other should not interfere. Mothers are very apt to do so (occasionally the father will do the same thing), thinking the other too severe. In rare cases that may be so. But unless she is sure the child is being injured she would better leave the room. If the father has any talent for disciplining, the object will soon be accomplished. I have known fathers who thought themselves too severe and consequently left the whole care of disciplining to the mother. That is a little hard on the mother, but if she be a good disciplinarian it is better for the children than to have a scene every time the father tries to correct them. My observation has been that when the father uses his authority judiciously the children, as they grow to manhood and womanhood are the better for it.

Then, again, when the children come from school with complaints, mothers should be very cautious how they take the part of the child indiscriminately. Unless the child has been really abused it were better to take as little notice of the affair as possible. In rare cases the teacher is at fault.

Let the boys as well as the girls learn music. Many boys love music, and, although it may be a little expensive at first, it is really economy to indulge them in this recreation and pastime. It fills the time usefully, and when there are young people it helps to pass the hours pleasantly.

You will find it an *excellent* plan to encourage the children by a "well done" when they have tried to excel or improve themselves in school or at home. And equally, with the smart girl or boy, give the dull one a lift by some word of approval and try, try again. We all feel life pleasanter, when some one, especially our own, signifies by words that they are pleased with our efforts. Forget not these little courtesies, though you may be burdened with care. They count!

Every home ought to be supplied with a Dictionary and if possible a good Encyclopedia. They are wonderful incentives to every-day study. Every child has a right to a common school education. In a large number of cases people of moderate means could give their children the advantage of a high-school course if strict economy were practiced.

Impress upon their minds the need of saving the dollars to further that end. They will some day thank you for the part you took in placing them in a position to compete with their equals, which otherwise would be an unequal match.

We often hear the expression: "Our high schools are free; there is no excuse for not having an education." We will admit that the high schools are free; but the extra books and the better clothes required for high school is a serious problem for the consideration of parents of small means.

We hear it rumored that some of our educators are considering the advisability of shortening the college course. A step in the right direction, we think. And while they are thus engaged would it not be a wise idea to move down the line and shorten the high school course one year, by adding that year to the grammar course?

It would be of material advantage to thousands of boys and girls, whose parents are not able to send them further, after they are through with the grammar school.

In the event of there being nine grades in

the grammar school, the majority of parents would make an extra effort to keep their children in school that one more year. As it now is, a large number must go to work as soon as they are through with the eighth grade. Others go into the high school, get through with the ninth grade, perhaps the tenth. But the larger per cent never graduate from the twelfth grade, and a very small per cent enter college. It is my opinion that if the ninth grade was added to the grammar school and a post-graduate course taken in spelling, reading, writing and the rudiments of arithmetic (addition, subtraction, multiplication and division), with the addition of any other studies the educators deemed best, a long stride will have been taken toward solving the riddle: "Why are so many of our high school and college students, even graduates, deficient in 'the three Rs' "?

I call to mind when free text books were introduced into the public schools at which my younger children attended. It was with a feeling akin to dread that I allowed them to be used, for the thought occurred to me

how easily disease could be transferred from one child to another.

Better by far that each child own his text books and that the *stationery* needed be supplied free. By making this change material help will be given to those not able to supply the whole outfit.

Since the slate has been tabooed from the schools the item of stationery is very large, especially if there are several children to be provided for. Almost any parent into whose home this book may go, will bear me out in the assertion, that the call for money for the several kinds of "tablets" and pencils for the different kinds of work required in our public schools, amounts to a larger sum at the close of the year than the text books. Therefore, be it resolved, that stationery, etc., be supplied free to the pupils of our public schools and that the parents be allowed or expected to furnish the text books.

"Who Is the Greatest Woman?

"In answer to the question, 'Who is the greatest woman in all history?' put to two hundred Macon County (Missouri) teachers,

Miss Nannie Vickroy of Macon, made a unique answer, which received the prize for originality.

"She passed over Queen Victoria, Frances Willard, Helen Gould, and other women whose names were the most popular, and declared: 'The wife of the Missouri farmer, of moderate means, who does her own cooking, washing, and ironing, brings up a large family, and finds time for her own intellectual and moral improvement, is *"the greatest woman in all history."*'"—Extract from the Daily News of October, 1901, Chicago, Ill.

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